

Winter 1989-1990

Vol. 4, No. 1

Spectrum

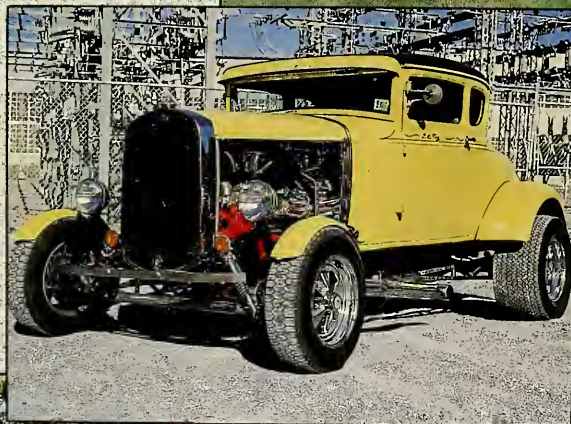
The magazine for Columbia and Montour counties \$1.95

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Spectrum

The Magazine for Columbia and Montour counties Winter 1989-90 Vol. 4, No. 1

All-American Magazine, Associated Collegiate Press
Medalist Award, Columbia Scholastic Press Association

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ABOUT THE COVER:

Three of the better local street rods—(top to bottom) 1935 Studebaker, 1930 Ford, 1927 Model T pick-up—strut their stuff.

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BEHIND THE LINES

Cars have been an American hobby almost since they were invented. However, there was no real "movement" in the art until the '50s when street rodding came out of the backyards and onto the streets.

There have been several trends in cars since, such as the the "fat fenders" of the late '40s and '50s, and interest in the muscle cars of the '60s, but none of these have been with us as long as the street rod. By definition, street rods are pre-1960 body styles sporting more contemporary items in a variety of areas. Many street rods are pulled around by powerplants of the '60s or '70s and updated in the chassis as well as the interior. It is in the combination of the wide varieties of bodystyles and materials that the street-rodder finds the means to employ his imagination and express the ideas. The results can range between subtle and outrageous, but never are they boring. Fortunately for us, area car crafters opened their garage doors to the *Spectrum* cameras to share their art. And, we took full advantage of them. A '67 GTO graces our centerspread; several rods appear in Ted Kistler's story that looks at power and design; Kelly Monitz interviewed Randy Mausteller to find out what compels a driver; Jim Roberts investigated some of the cars that future drivers will be taking out on to the highway; and Gina Vicario went to Wolfey's to try racing go-carts.

However, having a nice car means little if the driver can't afford housing. So, Jim Roberts looked into one option to save money and still own a comfortable house—building it piece-by-piece.

Spectrum writers also looked at issues that affect county residents. Gail Rippey spent several months digging into the county's financial struggle, and learned that although school districts seem to have unlimited taxing authority, the county isn't as fortunate.

Gail also met a Berwick resident, Lou

Miraglia, who faces a struggle of his own as he recovers from a near-fatal accident that left him paralyzed.

And, of course, there are still our featured sections—the Cutting Edge and the Back of the Book.

Putting any magazine together requires a staff of writers, editors, designers, production people, advertising and circulation staffs, as well as people in various aspects of business operations. In addition, Dick Kashner and his excellent staff at the *Press-Enterprise* have been most generous with their time and advice.

We, at *Spectrum*, know that we must show a profit every issue. We do this with circulation and advertising income, and take no subsidies or grants from either the public or private sectors. If the income isn't there, neither is the magazine. Fortunately, not only do we show a meager profit (which we put into improving the next issue) we also are proud that our journalistic peers have noted our editorial and production excellence. In only its second year, *Spectrum* was named an All-American magazine by the Associated Collegiate Press, and received Medalist honors from the Columbia Scholastic Press Association, honoring *Spectrum* as one of the best college-community magazines in the nation. We intend to improve every issue, continuing our concern for journalistic excellence and for the people of Columbia and Montour counties.—*Editors*

Additional Information

Dan DeFine contributed additional research to *Chattin' 'bout Chickens* in the Summer issue.

Spectrum is published twice a year by the Program in Journalism of the Department of Mass Communications, Bloomsburg University of Pennsylvania (Bloomsburg, Pa. 17815). Single copy price is \$1.95. No portion of *Spectrum* may be reprinted, including advertising, without permission of *Spectrum*. ISSN 0892-9459.

Spectrum

Winter 1989-90

Vol. 4, No. 1

EDITOR-IN-CHIEF

Walter M. Brasch

SENIOR EDITOR

Gina Vicario

ASSOCIATE EDITOR

Jim Roberts

ASSISTANT EDITORS

Beth Minkoff

Kelly Monitz

PHOTO EDITOR

Jim Bettendorf

STAFF ARTISTS

Cheryl Ifland, Lea Lappin

ADVERTISING

DIRECTOR

Beth Salaman

ASSISTANT DIRECTOR

Brenda Bozochovic

ACCOUNT EXECUTIVES

Nicole Greco, Cheryl

Ifland, Lea Lappin

BUSINESS OPERATIONS

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Beth Minkoff

CIRCULATION

DIRECTOR

Ruth Fedder

ZONE MANAGERS

Jim Bettendorf, Brenda

Bozochovic, Jodi Hennion

Kelly Monitz

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David Marra

PRODUCTION CONSULTANT

Dick Kashner

PRODUCTION ASSISTANTS

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PROMOTION

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THE CUTTING EDGE

HEALTH

Tuning in to Your Body

Magnetic Resonance Imaging (MRI) is revolutionizing the way we see ourselves. It is a new procedure being used by doctors to look inside the body without using harmful X-rays.

"MRI produces a 3-D image of what is going on inside the body. It is as if we are looking directly at body tissue," says Dr. Robert

Kurland, a researcher at Geisinger Medical Center. "Because of this, MRI can reduce the number of certain diagnostic surgeries," Kurland says. "The MRI differs from a CAT scan because the CAT scan uses X-rays to determine density of tissue. It is not as sensitive or as well-defined as the MRI. The MRI determines the state of water

in tissue. Since over 90 percent of the body is made of water, it can detect many things."

"Each has its advantages and disadvantages," says Kurland. "CAT scans use harmful X-rays which the MRI doesn't, but the CAT scan can see bone and muscle tissue which the MRI cannot."

During a scan, a magnet inside the MRI causes the protons inside the atoms of our body tissue to line up together and spin in the same direction. A radio frequency signal is then beamed into the magnetic field. "A very low-energy radiation is used, not enough to raise body temperature," says Kurland. Radiation involved are radio frequencies, just like the waves that come out of a radio. It is not radioactive, but can be compared to what you would receive if you stood next to a power line.

The signal produced causes the protons to move out of line. When the signal stops, the protons release energy. The energy released provides information about the body tissue. A computer creates an image on a TV screen for radiologists to study and determine any problems. The scan is completely painless and takes up to 90 minutes to complete.

According to Kurland, "The MRI cannot be used on people with cardiac pacemakers or metal implants, including clips, sutures, or staples. The magnet in the scanner may cause these objects to move."

The MRI is used to diagnose brain and nervous-system disorders such as tumors, multiple sclerosis, and diseases of the base of the brain and interior of the spine. It can also diagnose organ diseases, cardiovascular diseases, and cancer. —JODI HENNION

ENVIRONMENT

Bag Your Troubles

Berwick borough is one of the few communities to take the lead in recycling. The

borough will require the use of biodegradable trash bags beginning September 1990.

City Councilman Kirk Bower, chairman of the proposal because he believes something needs to be done to reduce the amount of trash.

"Regular trash bags should be outlawed," Bower says. "The trash inside the bag cannot break down until the bag itself is gone. This can take anywhere from 200 to 500

years," he says. "Biodegradable trash bags can drastically reduce this process to about five years."

Biodegradable trash bags look much like plastic bags; however, they are made of a plastic molecule that is combined with a cornstarch molecule. Anywhere from 6 percent to 50 percent of each bag is made of cornstarch. The cornstarch bonds with the plastic and comes between it and the ground once the bags are buried. Micro-organisms then attack the cornstarch seeking food. These organisms, eating the cornstarch molecule, break down the bags.

Although the use of biodegradable trash bags can speed up the process of break-down, landfills still present a problem because they are virtually airtight and rain free.

In 1980, Pennsylvania had

1,100 usable landfills. Today there are only about 70 left, and in five years only half of those will be in use. This can be attributed to many things—out-of-state trash being brought into Pennsylvania, landfills closing once they've reached capacity, landfills closing after failing government standards, and an 80 percent increase in garbage production since 1960.

"The east coast is running out of space to dispose of their trash," says Bower. "The same thing must be happening on the west coast. Will there come a time when the two coasts meet in the middle with nowhere else to put the trash? Something must be done, and soon, to reduce the amount of trash before it is too late."

—JODI HENNION

Pinching Pennies

While 'the sky is the limit' for school districts, Columbia county is grounded by tax limitations

by Gail Thompson Rippey

While Columbia County's commissioners have had their share of problems in the last few years, a surplus of money hasn't been one of them.

In 1989, the county commissioners had to tack on a two-mill sinking tax to fund their \$640,000 loan used to build an annex to the overcrowded jail on Seventh and Iron streets, to renovate the second floor of the courthouse to accommodate the addition of Judge Gailey Keller, and to lease a building on Perry Avenue to house some of its social services agencies.

Although the county has borrowed more than a half-million dollars, that still won't end its financial woes. Adding to it will be the cost of the prosecution of defendants in several homicides, all of which took place in 1989, long after the county's \$6.2 million budget for the year was drafted.

Commissioner Lucille Whitmire, who is serving her third four-year term, admits that the county's crime wave has placed an undue burden on the finances. "It's very hard to budget for the courts. You can't tell what's going to happen in a year's time, so it does put a real burden on the county to try to come up with the dollars."

The commissioners budgeted only \$92,294 for the district attorney's office in 1989.

"That early part of the year was a nightmare," confesses Harry R. Faux, chief clerk for the county commissioners. "We had three murders take place in Berwick in a very short time."

Those cases cost the county nearly \$22,000 to prosecute. Two more cases, one a murder and the other the starvation death of 3-year-old Beatrice Bird, were expected to be completed by the end of 1989.

Faux says the Bird trial "could conceivably be more costly than any other trial in Columbia County in recent years." Before the trial began in November, more than \$11,000 had been

spent on the case. Because of extensive publicity surrounding the case, the defense attorneys were able to obtain a change of venue, making the county responsible for providing room, board and other services for the jurors brought in to hear the trial.

Although that problem could have been eliminated had publicity not inundated the case, Faux doesn't blame the media for the county's trouble. "I don't think the news media overdid it," Faux says. "As far as the coverage goes, I'd be surprised if the people of Columbia County would have settled for anything less."

District Attorney Scott Naus says he has no doubts that the media adds to the cost of prosecution. "There was a trial in this county where the jury went out and read about it in the newspaper. There was a mistrial, and it had to be tried again at the cost of the county."

Along with the publicity concerning the Beatrice Bird case came a state Department of Welfare investigation of the county's Children and Youth Services agency, which had been flooded with allegations of improprieties among its director and caseworkers.

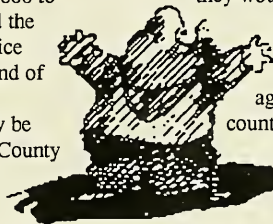
Joan Mosier, the director of the agency, had claimed, through her lawyer in a story published in 1988 by the *Press-Enterprise*, that she was made to bear the blame for an "undermanned, underfunded social agency."

The commissioners sought to remedy the problem in 1989 with the addition of a caseworker, but that wasn't enough, Whitmire says.

Despite the county's 1989 allocation of more than \$1.1 million for the agency, most of which was reimbursable by the Department of Welfare, Whitmire says, "if we could have more funding, we could have more caseworkers and they would be able to go out and do more of the in-home services."

She admits the problems within the Children and Youth agency, as well as other agencies in the county, could be lessened if the county were able to better compensate its workers.

The average salary for the county's caseworkers, for example, is only \$15,981, well below the \$18 - 20,000 salaries students



just out of college are commanding.

"We've been so conservative and have kept the dollars down with salaries. What's happened is we've lost a lot of good caseworkers, we've lost a lot of good administrative people, and we've lost professionals who could help us grow, all because of the salaries," Whitmire says.

"People have the misconception that if you are a county worker, you don't do anything. They think, 'that's our tax dollar paying you. Why should we pay you any more?' They don't want their tax dollars going for raises, but they'd be the first to scream if something is cut or if something happens."

In 1989, more than \$2.26 million went to pay county employees.

Whitmire says the financial difficulties the county has been experiencing only began a few years ago.

"We weren't in too bad of shape until the last two years, when (federal) revenue sharing funding met its demise," she adds. Columbia County used to receive about \$300,000 from the federal government which, Whitmire estimates, was the equivalent of four or five mills of county tax revenue.

Although the federal allocation was cut, the state legislature did not permit the commissioners to raise taxes to overcome the loss. The county is already at its 25-mill limit for taxing real estate, and its other taxes, a \$5 per capita tax and a four-mill personal property tax, only yield

about \$350,000 per year.

Whitmire says the operation of county government has changed dramatically over the years and will continue to do so because of state mandates and funding cutbacks.

"When I first became commissioner, the emphasis wasn't so much on the social programs and social services. It has been amazing how much it has shifted in the last 10 years."

She adds that many residents don't realize the problems the county is facing. "What people don't understand is that there are a lot of mandated services we must provide. We have to provide for Children and Youth, the Area Agency on Aging, the prison, emergency communications, and many more social services. The problem is that over the years, the state hasn't met its commitment. It has mandated programs for us, but it has never met its commitment to give us the dollars that we need to provide the basic services.

"So then it has to come out of county tax dollars and that's when we're in a real bind."

Whitmire says the county could have regained its viable economic condition had the tax reform referendum been passed by the voters in the 1989 primary election.

"What tax reform would have done was replace those federal dollars that were lost," she says. Whitmire estimates that the one-half of one-percent sales tax the commissioners could have levied had the tax package gone into

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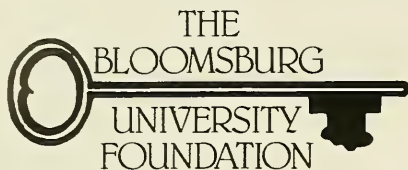
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INFORMATION

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effect would have generated more than \$387,000 in revenue.

Both Whitmire and Faux say tax reform was defeated because taxpayers feared they would ultimately pay

more, not less, in taxes. Faux says the tax reform bill, had it become law, would have eliminated the per capita, personal property, and occupational taxes.

"The projected income of sales revenue would have brought enough of an increase that we could have reduced the real estate taxes along with the nuisance taxes," he adds.



Faux claims the apprehension among many taxpayers who voted against the referendum was that "schools would have carte blanche to raise taxes." But, he adds, "As far as I'm concerned, the school districts already have carte blanche. They can raise taxes to whatever level they want."

Unlike most states, Pennsylvania does not require school districts to put the question of raising taxes before the voters.

"The schools have it easier than we do," Whitmire says. "They don't have a cap. The sky's the limit for the school districts. Some of them around here are at 110 mills or more. But in the county, where we have a vital service we have to give, we're at our cap of 25 mills.

"I don't know why the schools have the better taxing options," Whitmire says. "Education is an important factor, but school districts always fare out when it comes to the governor's budget and dollars in education."

She adds that it is doubtful the county will ever get any sympathy from the Casey administration. "I don't think he really recognizes the real needs of county government and in particular, a lot of the programs such as Mental Health/Mental Retardation and Children and Youth.

"He did fight for tax reform for the counties, but the state budget each year, I think, is a reflection of not really knowing where the need is. It seems he puts a lot of emphasis on education. That's not bad, but I think it should be distributed more evenly and more fairly."

While the county has been strapped to pay its bills, school districts in the area have been expanding. Central Columbia Area School District has a new \$8.4 million elementary school and neighboring Bloomsburg Area School District replaced its middle school in 1988 with a \$7.7 million structure. Neither project was put up to a referendum, although the school boards did allow voters to speak out about them at district meetings.

(Numerous attempts were made to obtain comments

from Horace B. Reynolds, superintendent of Central Columbia School District, and Alex Dubil, superintendent of the Bloomsburg School District. However, neither returned our calls.)

Both districts maintain budgets larger than the county. Richard Drzewiecki, a county appraiser, said property owners pay 80 percent of their taxes to their school district and only about 20 percent to the county and local government.

The average homeowner pays \$400 to \$600 in property taxes to the schools. In addition, all wage earners in the county can be taxed as high as \$925 through the occupational tax, which is also collected by the school districts.

"Money is very, very tight in Columbia County," Faux adds. "But the county is very lucky to have building

projects that will increase the real estate value. In 1990, we will have a substantial increase in real estate tax revenue from the Columbia Mall."

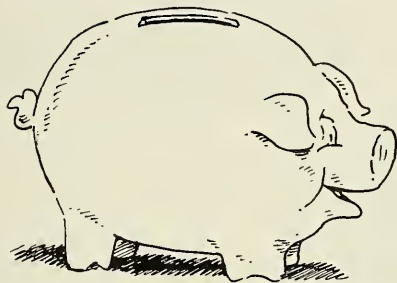
He says there has also been an influx of new homes in the area. "I see Bloomsburg and Berwick having townhouses being built, and many townships have housing developments under way."

Whitmire agrees the county is becoming more prosperous. "We've had some growth. The mall did bring in significant dollars, although the county doesn't get the bulk of it. It's usually the township and school district that get the most. We're the lowest on the totem pole."

Economic growth in Columbia County, however, is not without its problems, Whitmire says. "We've had growth in industry. Our industrial park is just about full, and we're looking for an area to locate another park. But, the more people, the more services, the more demands on the county."

Whitmire says there may come a time when the county will have to reassess property values to the prevailing rates in order to bring in more money. Currently, the county's appraisers assess property at its 1960 market value.

In addition, 18 percent of the parcels in Columbia County are tax exempt. Properties that are exempt include churches, government buildings, Bloomsburg University and its grounds, hospitals, educational institutions, parks, fire departments, charities, libraries, and playgrounds.



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Faux maintains that reassessment would benefit the taxpayers as much as the county. "I think the commissioners would do it right now if it weren't for the money it would cost." He estimates reassessment would cost \$30 to \$40 per parcel, or roughly \$1.5 million, for the county's 33,000 parcels.

Despite the cost, Faux says "it's of absolute necessity. I think it's only fair to the property owners that they be up to date. Taxpayers probably wouldn't be in favor of reassessment, but you'd have to let them know they'd be the winners."

In the meantime, he says, the county will continue to struggle. "We're lucky not to have a deficit to worry about." **S**

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DRIVEN



RANDY MAUSTELLER LIVES FOR THE CHECKERED FLAG

"Being behind the wheel of a race car is a real rush. You can't visualize how quick they get from point A to point B, unless you've been there. It's fast. Especially when you're confined to a quarter-mile or half-mile dirt track."

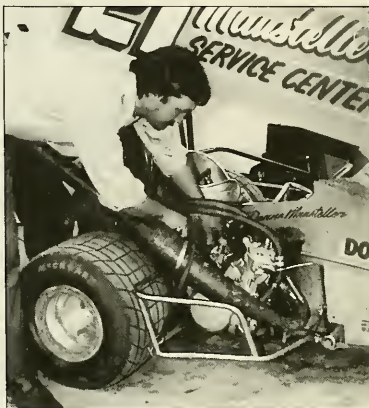
by Kelly Monitz

For Randy Mausteller, racing is more than a hobby—it's a way of life. Mausteller, who began racing about 30 years ago, has raced just about everything from go-carts to stock cars.

Mausteller says he has had the desire to race since he was a child and bought his first car, a '49 Nash, when he was nine years old. He earned the money for the car cutting grass during the summer. He bought the car not to drive, but in order to learn more about how cars work and how to repair them.

Mausteller attends an average of 40 races a year. Presently, he has two midget cars which he races throughout the East coast, including Canada, and as far west as Oklahoma. Although the constant traveling sounds exciting, there's almost no time for sight-seeing. Mausteller says he spends two weeks a year in Florida. One week is spent vacationing, and the other week is spent racing. "You basically live the life of a gypsy. You're always on the road," says Mausteller.

Racing is an all-consuming type of



Jim Bettendorf

Randy Mausteller

life. Many times the little things like going to a movie or even having dinner with the family, fall by the wayside. Mausteller admits it's very hard on a family life. That is if you can manage to have a family life.

Mausteller has two sons, Duane, 17, and Shanon, 15. Both share their father's enthusiasm for racing, and are presently racing their own cars.

The danger is always there—Mausteller owns

Mausteller's Service Center, Bloomsburg, which he runs with his brother, Budd. He spends between 50 and 60 hours a week working there, and the rest of his time working on his cars. "Sometimes, I forget about lunch and dinner, because I just don't have the time," he says. "Hours don't mean anything. Days don't mean anything. You just run one day into the next. The next

thing you know, you're into another month.

"Racing used to be just for fun," he says, "but now it has turned into another business. The cost has escalated tremendously. It's no longer the low dollar fun thing to do," he says. When Mausteller raced his first car, which cost \$650, his total winnings for the year were about \$3,000. His most recent car cost \$37,000, and the maximum prize for each race is about \$2,000 with a total purse of about \$5,000. As Mausteller looks at it, "If I portion it over the course of the year, the money I spend and the money I make, it works out pretty even." Mausteller adds, "In this game, money really has nothing to do with the sport. I don't do it for the money, but it's nice to make some money if I can. Even if I didn't make money, I would still do it."

Despite the danger involved, Mausteller still chooses to race. As he reflects, "When I started, the death end of it was a big thing. It happened a lot, because we didn't have roll cages on the cars." Many of the original cars were what they called 'home built.' Basically, people who wanted to race would build a car out of whatever spare parts and old cars were available. Now, the cars are much safer.

Accidents and injuries still do occur, however, and Mausteller has had his share. He remembers once in Flemington, N.J., a car spun out in front of him, and there was no place to go. His car went end-over-end

twelve times before coming to a rest. Unbelievably, he escaped without any major injuries. Another time in Hershey, the same thing happened, only on an asphalt track. This time he sustained some harsh leg injuries. As he puts it, "The danger is always there. That's part of the game. You don't even think about it, until one of your friends gets hurt or something. You have to put the danger out of your mind, or you wouldn't be able to continue racing."

Even with the hectic life of racing, and the numerous sacrifices, Mausteller has no regrets. He's having the time of his life. "I eat, drink, and sleep race cars," says Mausteller, "and I couldn't be happier. Racing gets into your system, and you just can't quit. I'm not quitting until they make me." **S**

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Old cars don't die,
they just go faster

by Ted Kistler

Henry Ford was famous for saying that his customers could have their Model T's in a choice of colors, as long as the color of choice was black. Maybe Henry Ford preferred his Model T's black, but Bloomsburg's Jeff Horne like his Fords red—Porsche Red.

J&R Rods in Selinsgrove draped the paint over a 1927 "T" pickup body with a bed chopped a half inch. Because of its size, the admirer is

inclined to call the '27 a car, but don't do it around Jeff. This is a pickup. According to Jeff, it is one of the few he has seen in the Model T class at various meets he has participated in.

At the business end of this ramblin' red roadster lies a 300 cubic inch Chevrolet small-block engine wearing aluminum heads which breathe through a vacuum-actuated Holley four-barrel. A Competition Cams "brain" oversees things for the stock

short block and a Custom Auto radiator keeps the hot things cool.

When Jeff says "Go" he does it through a Hurst Quarter Stick shifter hooked to a shirt-kitted TH-350 trans. A 3.55:1 geared '57 Chevy rear swings from a set of Posie's springs. Jeff works nights at Sears' automotive center at the Columbia Mall, so Sears Roadhandlers are mounted at all four corners on Tru-Spoke rims.

When Jeff plops his posterior into the gray, vinyl interior, he pilots the works by turning a tilt-wheel from a 1975 Chevy Caprice. All gauges are analog (pointer-type) and all controls are custom pushbutton pieces.

Since 1981 when Jeff bought the car, he estimates he has spent "about \$20,000." Does that mean he's done? No way. "I'm going to rebuild it again," he says casually as he stands next to the new Martz Engineering box-tube frame. He's already got the Jaguar rear axle and suspension. Rebuilding calls for Fiero bucket seats, a new dash, top, four-inch windshield, wheels and tires.

Jeff's already looking for another Model T body for the existing frame. Though Jeff has owned three Cor-

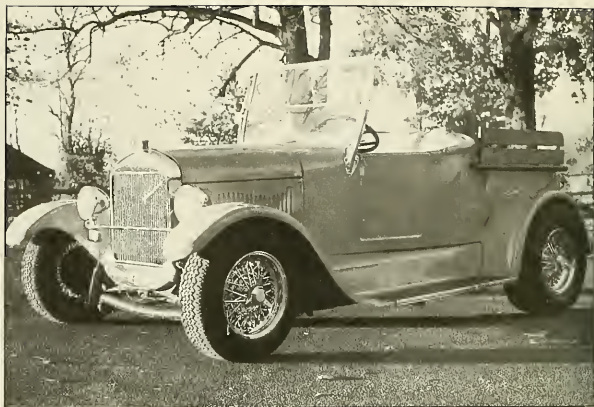


Photo by Jim Bettendorf

Jeff Horne's 1927 Model T pick-up, a \$20,000 investment, is powered by a 300 cubic inch Chevrolet small-block engine.

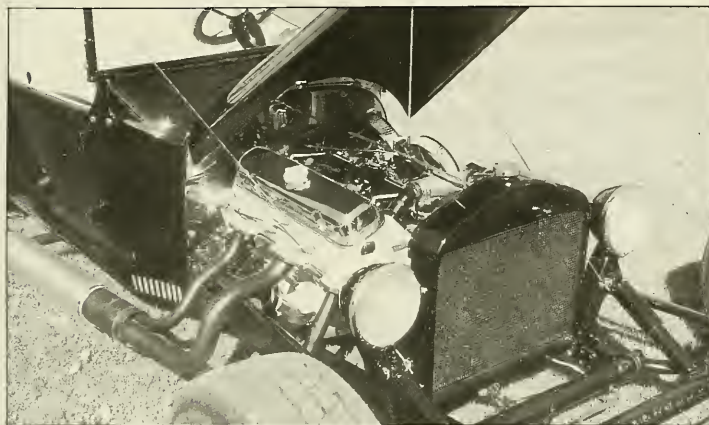


Photo by Jim Bettendorf

Chrome valve covers and custom side pipes are just a few of the modifications on Bill Edgar's Model T.

vettes ('50, '60, '70 and two Chevy coupes ('37 and '39), it looks as though he will be "T"-sing himself for a long time to come.

§ § §

The survival rate of 1935 Studebaker Dictator coupes, according to the International Studebaker Club, is two out of every thousand produced. With only 4500 units made by this now-defunct marque, there may be nine left. According to Steve Shoemaker, the king of this Dictator, the actual number is probably closer to five, but he's never heard of another.

The Dictator nameplate was only used for a few years by Studebaker because of Hitler's rise to power in the late '30s which left a bad taste with American consumers.

Steve found his Dictator in 1972, unceremoniously buried in mud up to the rear window in a Catawissa cornfield. Pictures taken of the car at

that time reveal heavy rust and bent metal. It took Steve, who runs Shoemaker's Auto Body, Bloomsburg, until 1975 to finish the car in its first incarnation. It's been through a few paint jobs since that time, as well as a few motors, but now it's essentially completed—or at least as finished as a rodder allows. Doubtless, the Dictator will face a few more fresh coats of paint at least.

A warmed-over small-block 387 Chevy hauls the Stude around with great wane and friendly resonance from the pipes. Power is fed through a three speed TH-350 to a '57 Chevy

rear. Up front, a Mustang II front-end holds everything off the ground thanks to a five-inch narrowing job.

Inside, Chrysler power windows allow the passengers to keep cool, or to block out the wind as it flies by. Dick Gerwer, Ephrata, stitched the interior, as well as adding the pinstriping atop the maroon and black cherry paint. Gerwer's humor is reflected in the air vent ahead of the windshield where it reads, "Factory air: by nature."

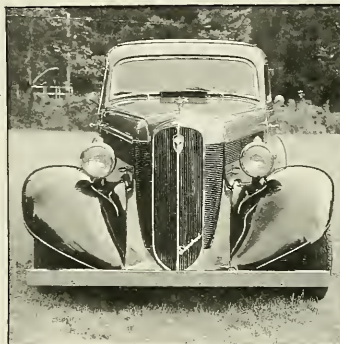


Photo by Jim Bettendorf

Steve Shoemaker's 1935 Studebaker Dictator is one of only nine in existence.

Look closely at the passenger side rear fender. You may notice a chromed footstand on top, as well as its twin mounted on the bumper. The person lucky enough (or

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unlucky, depending on the weather) needs those stands to climb into the rumble seat. "I wouldn't have bought the car if they weren't there," Steve says, referring to the difficulty today finding such pieces.

The Shoemakers are a streetrodding family. Steve's wife, Judy, is the historian who has kept a detailed diary of photographs and correspondence concerning the car and also its primary driver. Their son, Mitchell, though too young to drive, shares his father's enthusiasm and a good bit of knowledge about the car. Though dictators are usually unpopular, this one has provided an interest the entire family can enjoy.

§ § §

Lightstreet bodyman Bill Edgar built a Model T with a difference. Though there are many T-bucket sedans rolling around, few can boast

such a well-conceived design.

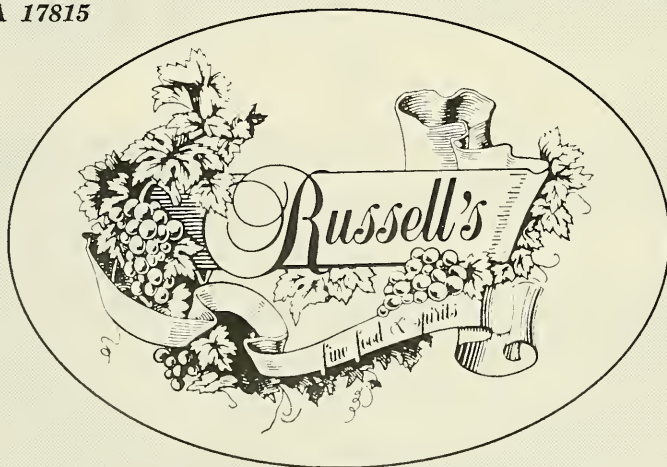
This black boulevard blitzer is a handmade vehicle. Unlike most other cars which come from Michigan, this one was conceived and born in Columbia County. Edgar owns Bill's Auto Shop and has applied his skills in creating his rolling advertisement. He started off with a fiberglass '23 body and the drivetrain from a '21 Pontiac Tempest, arguably the most outstanding feature of the car.

The choice of the stock, 195 cubic-inch, four-cylinder Tempest powermill is especially notable because it is a transaxle layout—that is to say, the automatic transmission and rear axle are combined in one unit. The design is not unlike today's front-wheel drive cars, but located at opposite end. Bill says that he saw a similar Tempest hauled into a junkyard several years ago. "I thought, 'Boy wouldn't that be slick in something?'" It is.

At first glance though, it is the

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flawless, black pigment, which graces nearly every exterior inch of the roadster, that catches the eye. However, it is the quality and design in the more concealed areas that separate this showstopper for the rest of the pack.

Check out the block and transaxle. Both are polished, smooth, and painted a complimentary sand color. Everywhere one looks, the metal is polished and either painted or chromed.

Look closely at the canvas top. Actually, the canvas is layered with fiberglass and resin to form a "flap-proof" and fade-proof one-piece solid top. The butterfly rear window is a custom piece cut from a sheet of solid brass.

The wheels are unique because they were custom made in a California basement by Bill Sharp especially for the car. "I needed wheels, so I called a company in California and they steered me toward this guy who used

to work for them. I told him what size and offset I needed and he U.P.S.'ed them to me," says Edgar.

“

At first glance, it is the flawless, black pigment which graces nearly every inch of the roadster that catches the eye

”

B.F. Goodrich T/A radials provide the contact patch.

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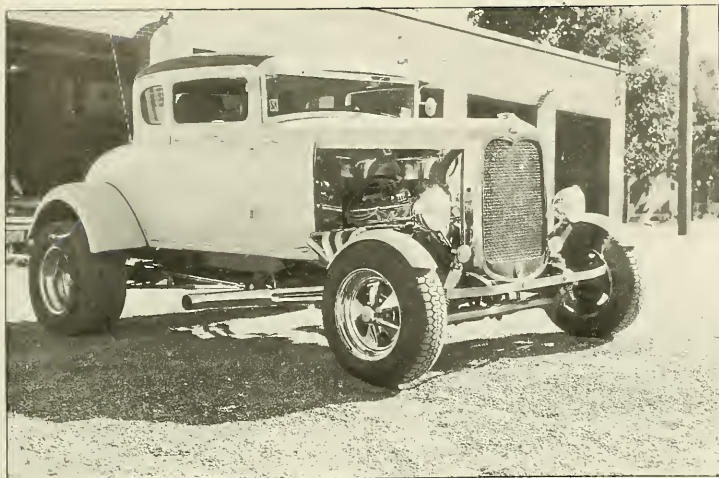


Photo by Jim Bettendorf

Steve Kreisher's 1930 Ford has undergone many revisions since it was first "rodded" in the 1960s.

this—the front axle is from a Ford van, the steering is a torsion bar from a VW, the dash is from a Dodge van, the steering column and box are '87 Mustang units, the radiator is out of a

Mercury Capri, the headlights are lifted from an Oliver farm tractor and the exhaust is partially constructed from Corvette and Mack truck parts. Also, the carburetors are stolen from a

Volvo and mounted on a homemade intake. It is an imaginative combination, but, most of all, it works. "Basically I knew what I wanted. I had a lot of ideas that I just wanted to experiment with," say Edgar.

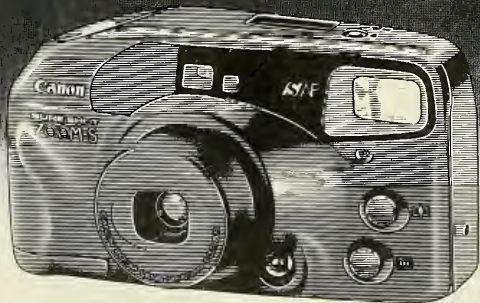
§ § §

Streetrodding has been with us for quite a while, and Steve Kreisher's 1930 Ford is still with us to prove it. Steve is not sure exactly when this yellow machine was "rodded," but, it was sometime in the late '60s.

Since then, the car has changed hands, and parts, a few times. Steve traded an '80 Chevy Blazer for the car four years ago, releasing the car from the hands of Dave Stewart, Catawissa. Stewart unsuccessfully attempted to dial in a GMC 6-71 supercharger. Kriesher suspects that is why he gave it up.

Because the blower negated the use of a hood, Steve contacted Rarig's in

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Catawissa to build one. The hood now covers a cammed '78 340 small-block fed by a vacuum-actuated 650 Holley 4V. An electric fan provides cooling over and above the water pump-mounted flex fan. An Accel ignition lights the fire and the bad gas exits the motor through a set of headers and Anderson sidepipes.

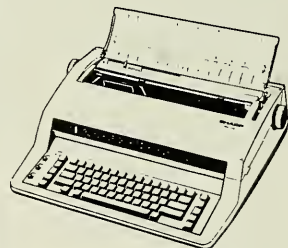
Forward power goes through a three-speed automatic to a '55 Chevy rear. Kelly Superchargers are mounted on Cal Chrome wheels for "blue smoke" acceleration. The all-steel body is accented with 'glass rear fenders. Take careful note of the front fenders. They hug very closely to the tires and, in fact, are not mounted on the body at all. Rather, they are mounted to the front brake assembly. It is typical of '80s styling.

Re-upholstered Fiero front seats soften the ride, while an Oldsmobile tilt-wheel provides the left-right-left movements. A ceiling-mounted Panasonic console shouts out the

music from above. Jeff Horne (that's right, the pickup guy) etched the glass for Steve.

The '30 is a great looking machine, but that's not good enough for Kreisher. The Ford was scheduled for a visit to J&R Rods in Selinsgrove for a rear tub and axle shortening job the day after we interviewed Steve. Kreisher is the owner of SK Auto Appearance, Danville, and, so, the car won't be done until he thinks it looks just right. **S**

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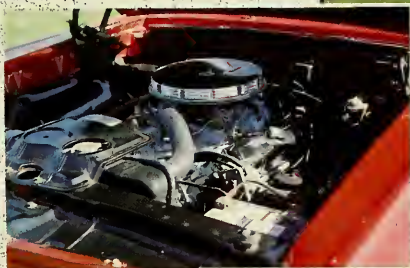




Resurrected

This '67 GTO is a wolf in sheep's clothing

Goat



It's back! Jan and Dean sang about it, Mustang owners liked to challenge it, but Guy Finucan of Mifflinville had to save it—a 1967 GTO. The last of its body style, the 1967 GTO was one of the original “muscle” cars of the 1960s. Built to appeal to the generation of “hot-rodding” 17-29 year-olds, the GTO was Pontiac's premiere road monster cleverly disguised as a timid coupe.

This particular GTO is a true beast. It came from the factory with the rare 400 cubic inch, high output (H.O.) V-8. This powerplant is responsible for the 370 units of horsepower which propel the GTO. The power is smoothly distributed through a sturdy transmission and Hurst shifter. During the 1960s it was the choice of many of the street-smart dragracers. Finucan's car also has a perfect interior featuring

an AM/FM radio with “reverb,” a sign of “cruiser's prestige” in the 1960s.

Finucan put this sleeping beast back in action after it had been resting in a local barn for years. “It was a gift from my father, one of the best gifts I could have,” says Finucan. He had the chance to live every car restorer's dream; finding the diamond in the rough just waiting to be revived. “The motor and body were sound, the interior was in great shape but the car wasn't perfect,” he says.

Finucan decided to go the extra mile to perfect it. Working with his father, he painstakingly dismantled the car until only the frame and engine remained. He worked the frame down to bare metal using a wire brush and then applied a new layer of undercoating. He reassembled the car, replacing each defective part with original material.



Photos by Jim Bettendorf

engine received new gaskets to put the growl back in this "Goat." After months of work, the car was ready for the finishing touches. Coats of fire-engine red were applied to give the car that "hot" look. The wheels and tires, the only non-original parts on the car, made it road-ready.

Now, fully restored and branded with the tell-tale, purple and white Pennsylvania Classic plates, Finucan rarely heads out to the highway in his GTO. "It's definitely not my every day car," says Finucan, "It's garage-kept and always has the showcar look." As evidence, Finucan cites the 46,000 original miles on the odometer. The Classic plates give the car prestige but restrict the amount of miles you can drive the car. That's good for Finucan because keeping the mileage low adds to the value of the car; similar cars carry price tags around \$13,000 and higher.

Regardless of price, this car carries special meaning. Months of human effort brought this beauty up to speed, for all to enjoy. Back from the dead, the "Goat" is on the prowl. - JIM ROBERTS



Ready,
Set,

Go-Carts

It's not the Indy 500, but 'Wolfey's 1/6' brings out the competitiveness of Columbia county residents

by Gina Vicario

He sinks back into the driver's seat and clenches the steering wheel. He feels every muscle in his body tense. The race has not yet begun, but he's already planning his strategy. He's not a competitor in the Indianapolis 500, nor is he competing at the Bloomsburg Fair. For him, the thrill of racing is brought to life through go-carts.

"I know that I'll never make it to Indy," says Darren Reighard, 19.

"Go-carts are the cheapest and easiest way I know to experience the excitement of racing."

People of all ages are spending money at amusement parks and recreation centers to wait in line for their turn at the wheel. This past summer, go-carts made their debut in Columbia County.

Wolfey's Go-Karts, Route 11, Bloomsburg, was added to the Wolf Hollow recreational facility, owned by John and B.J. Wolf, this past July. "Most people enjoy driving," says

B.J., "and you need to give people what they enjoy."

A visit to the track exposes different types of drivers who enjoy go-carts for many reasons. Some are content simply coasting around the sixth-of-a-mile track, but most of Wolfey's customers are there to compete.

"Coasting is O.K.," says Bob Waring, 20, "but I like to get out there and push the car as fast as it will go. I always find myself trying to beat

I always find myself trying to beat the other people on the track

the other people on the track. I'm always wishing I could get the car to go just a little bit faster."

"All of our carts go about 20 mph," says

John. "We like to keep them all about the same speed. This way, everyone has an equal chance of passing another driver." Shane Fisk, 10, says, "I like go carts because you get to go fast. I was trying to beat my brother, but I couldn't. It made me mad."

This competitiveness has a lot to do with the popularity of go-carts.

"People in our society reinforce

certain behaviors," says Dr. Michael Gaynor, professor of psychology at Bloomsburg University. "If our society reinforces competitiveness, then people are more likely to exhibit this behavior."

B.J. Wolf spends a lot of time at the track and is amazed at the competitive nature of people. "We expected a lot of teenagers would come out and race against each other," she says, "but I have seen entire families—men, women, and children—racing around trying to beat each other out." She is particularly surprised at the competitiveness she has seen in women. "I expected it from the males, but the females seem to be just as competitive these days."

Despite this competition on the track, Wolfey's assures customers that their track is safe. Everyone riding in a cart is required to wear a seatbelt, and the track is surrounded by a five-inch-high, steel rail which is cushioned by a row of tires. Children under four feet tall or 10 years old are not permitted to ride alone; however, these children are not left out of the fun. "We have a double cart for children," says B.J. "For \$4, children

can ride along with an adult in a double cart." This price buys about eight laps around the track, while \$3 buys about the same for a single cart. "I think it's definitely worth the money," says Reighard. "I've paid a lot more at amusement parks for the same type of track."

Many of Wolfey's customers agree

“

I like to get out there and push the car as fast as it will go

”



Photo by Jim Bettendorf

Jim Campbell and Bob Hopper fight for positions on the Wolfey's 1/6 mile track near Bloomsburg.

that the prices are reasonable and they enjoy trips to Wolfey's at least once a week. However, outdoor tracks have one major drawback—they must

close down for the winter season. "We would love to keep the track open," says B.J., "but we are forced to close down due to the weather."

The Wolfs plan to take full advantage of the winter. November through March are busy months at the track. The co-owners, who do most of the

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general maintenance themselves, will be working to repair all carts, and will also be investing in some new carts. "You can only learn about the carts by working on them yourself," says John. "Anything that is too difficult for me to handle will be sent to the repair shop."

Estimating the cost of a new cart at about \$3,000, the Wolfs plan on purchasing about three new carts for this coming season. "It's important to invest money to keep the cars in good working order," says B.J., "so that people won't have problems on the track."

The Wolfs agree that go-carts have proven to be a profitable business, but also realize that they must work to keep the attraction both interesting and challenging for their customers. "We plan on eventually revising and expanding the track," says B.J., "and we are looking into the future possibility of a grand prix track." **S**



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Beaming Down . . .

Like something out of Star Trek, modern cars have 'warped' to rave reviews

by Jim Roberts

Transportation for the Buck Rogers era, or what is better known as the modern production car, is turning heads from New York to Tokyo. Like something out of Star Trek, these new cars have "warped" to rave reviews from the experts and curious stares from pedestrians. They offer the look, feel, and performance of modern technology.

Leading the way is Nissan's redesigned 300ZX. Resembling an egg on wheels (no right angles here), its headlights fire 60 degrees into the sky. This car was designed to be the world's best sports car. Powered by a 24-valve, 3.0 liter V-6, the base ZX cranks out 222 horsepower, goes 0-60

mph in 6.9 seconds, and reaches a top speed of 147 mph. It has a "Limited Slip Differential," which distributes most of the engine power to the wheel with the most traction.

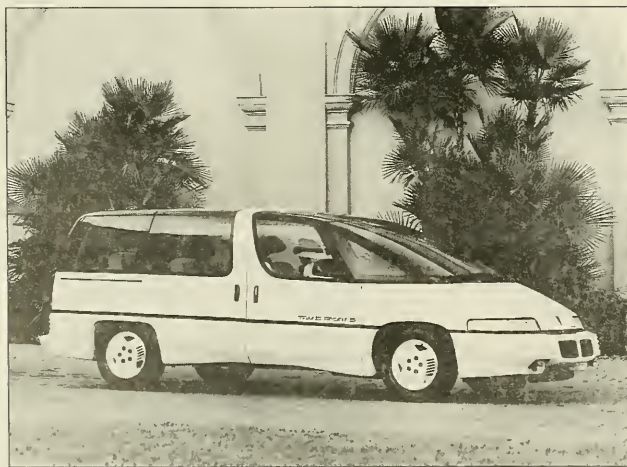
To look at this car, you would think it was capable of flight. In fact, the twin-turbo model achieves top speeds (about 155 mph) that are greater than a Boeing 727 at takeoff. Remember, this performance is coming from a tiny V-6 engine, equipped with computers that don't allow the car to exceed these speeds for driver safety. It's like keeping a greyhound on a leash. People really strain their necks to see this car, usually an oval blur passing them on I-80, and strain their checkbook to own it; its base price is \$25,000. But, dollar for dollar,

experts say, it may live up to Nissan's claim as the "best."

Other car makers are jumping on the technology bandwagon. In the U.S., both Ford and Chrysler are producing cars which are a far cry from the ones we're used to. The good old Thunderbird has now become a super-charged slickster for the 1990s. Equipped with an on-board computer and supercharger, it looks nothing like the original two-seater of the 1950s. Its anti-lock brakes pulse you to a stop even when you slam on the pedal.

Ford also offers the hi-tech Probe, built with help from Mazda. The Probe GT features a turbo charger for speed and a computer-controlled, adjustable suspension for a custom ride. The suspension can be set for a normal, sporty, or soft ride. Its power steering uses computer controls to vary the amount of power assist to meet the driving situation.

Chrysler's Lazer, coming out under the Plymouth name, is a totally redesigned bullet from the factory. Built by Mitsubishi for Chrysler, its optional turbo-charged, 2.0 liter, four-cylinder delivers 195 horsepower on



The 1990 Pontiac Trans Sport SE is an example of the leading edge technology now being incorporated in the areas of aerodynamics and engine design.

demand. That's performance from a very small engine. Its powerplant and distinctive shape make everyone stand up and take notice.

This wave of technology has also washed over the family utility vehicle. Your local General Motors dealer is offering the new APV mini-van, a plastic-bodied, aerodynamic, front-wheel-drive machine. These mini-vans carry the distinctive round styling that is becoming common in 1990 models. They have modular seating that can be arranged to fit your family size. GM's larger Astro van provides more towing power and has anti-lock breaks as a standard feature. Ford's Aerostar mini-van and the Astro boast computer-controlled, all-wheel-drive systems which give better traction on slippery roads.

As for the subtle touches, gauges in all these cars and vans are computer-designed to provide maximum information with minimum effort. Factory testing and owner surveys place the readouts in the best positions for



Photos courtesy of General Motors

Today's new generation of cars started as a lump of clay on a designer's table.

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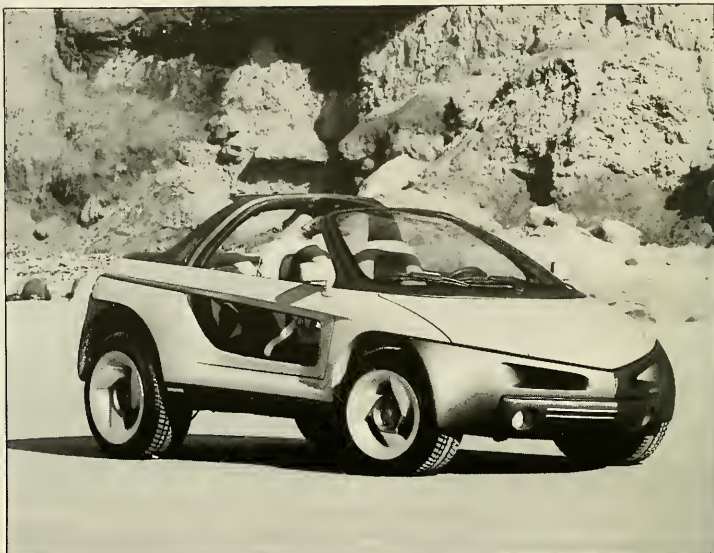
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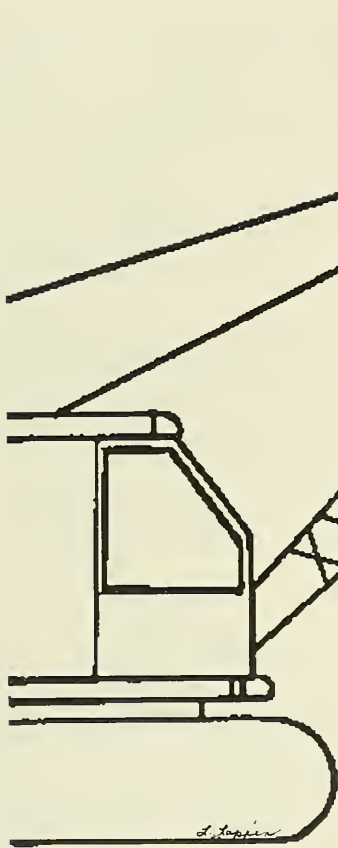
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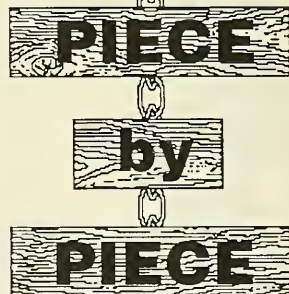
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Modular homes are coming together in Columbia County

by Jim Roberts



It comes in four huge pieces, has a hot tub and skylight, and is where you hang your hat. If you're in the market for a change, this could be a description of your new modular home. As a growing industry around the country and especially in Columbia County, factory-built modular housing is providing an alternative in the real estate market.

For years, people wanting to own a home had three choices. They could start from scratch, constructing their own "stick-built" home; purchase a new "stick-built" home; or move into a used home. "Stick-built" is the industry term for a house built on-site, from the foundation up, using a

mostly wooden frame. Modular homes provide a fourth alternative. They are constructed using an assembly line technique and then delivered in large segments. These segments are assembled, the roof applied and— instant house. This "instant house" can range from about 900 square feet to 3,000 square feet with prices scaling upward from about \$25,000. The price varies depending on the size of the home and the amount of special features one wishes to add. The average price of a home in Columbia County, "stick-built" or modular, is about \$65,000.

The price of a modular does not include the cost of the potential

building site. Marjorie Rough, Realtor associate from Killian Real Estate, Berwick, says a one-acre lot can cost up to \$30,000 when it's connected to existing municipal sewer and water lines. Undeveloped lots are priced up to \$15,000. The costs of constructing the home and foundation are added to the price. Often, there are additional costs for landscaping and special "sand-mount" septic systems to battle the clay soil in Columbia County. Experts recommend using an experi-

enced contractor; one that can handle the job himself or who knows the proper subcontractors to help him complete the job. Don Shiner, vice president and marketing director of Deluxe Homes, Berwick, says, "Modular homes come much closer to a guaranteed level of pricing than 'stick-built' homes. Pilfering is limited because the home is finished when it leaves the factory."

"Nationwide, these homes are quite popular," says Tina Hudelson, sales representative from Columbia Homes, Bloomsburg. "I've seen them from Florida to Texas and up through the Northeast. Around here, modular homes will soon approach half of all new construction." Modular home dealerships dot our area, and there are about 10 to 15 manufacturers within a 50 mile radius of Bloomsburg. Shiner says his company alone manufactures over 800 modular homes for sale in eight states including Pennsylvania.



Photo by Jim Bettendorf

This two-story modular home was trucked to the site and assembled from four large segments.

A modular home is not what many people know as a "mobile" home. "Mobiles" are the kind of home most often found in trailer parks. The modular home boasts many more features and is much bigger. In fact, modular homes are becoming so elaborate that even the experts are im-

pressed. "Very often, the difference between modular and stick-built homes cannot be determined just by observation," says Rough. Modular homes come in both one- and two-story versions, have multiple entries, multiple baths, skylights, hot tubs, patio doors, functional fireplaces,—

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the list is almost unlimited.

Design Homes, Bloomsburg, specializes in the design and manufacture of modular homes. Ted Scazafabo, general manager, says, "We follow the same process any plastic model builder would. We follow a blueprint and fasten all the pre-cut pieces together."

The process evolves in stages which are similar to automobile manufacture. First, the engineering staff comes up with a blueprint design; then the parts are pre-cut and measured. The design process can take from a day to a year depending on the complexity of the design. "It's like being an artist," says Scazafabo. "Sometimes you have an idea in your mind and lay out an entire home in a day. Other times you struggle with a concept trying to meet the customer's needs." The prospective home buyer can choose from one of the many existing designs and then add special modifications which create a personal

touch. Design Homes has done modifications which include two-story foyers, special slanted roofs with triangle shaped windows flanking a master bedroom suit, and whirlpool tubs surrounded by mirrored closets.

The workmen then prepare the wall and floor pieces which make up the frame of the home. The assembled floor and walls move to the next station on the assembly line. The roof is constructed using a truss system for added strength and placed on the home segments using a crane. The segments are built using the same materials found in "stick-built" homes. Further down the line, wiring, carpeting, fixtures, and custom modifications are done. Buyers can choose their own wallpaper, appliances, and color combinations. The homes are sealed and heavily insulated at the factory, making them energy efficient.

The finished home, typically in two segments for a one-story and four segments for a two-story model, is then loaded on trucks and shipped to the buyer's lot for assembly. The time a custom home spends in the shop is about three days. "We try to turn out one home per day," says Scazafabo.

The "ace" in the modular housing industry is speed. They far outpace a "stick-built" in terms of construction time. According to Hudelson, total time of construction for a modular, on site, is about two weeks, possibly longer depending on the weather and the efficiency of your contractor in preparing the site. Considering financial approval, plus manufacture and design time, one can have a large, precision built home in just weeks. Modular homes are so precise that contractors sometimes have difficulty fitting the home on the foundation. Scazafabo says, "Stick-built homes can be shimmed or adjusted to fit a foundation but modulars come in exact measurements and the foundation must be perfect."

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available for those interested in buying a modular home. Commercial banks, savings and loans, mortgage brokers, and consumer credit companies, all offer some form of financing to those who qualify. Craig Bennett, assistant vice president at First Eastern Bank, explains that most modular homes are treated just like "stick-built" homes in terms of mortgage eligibility. He says, "The size of the home and the fact that it sits on a permanent foundation make it suitable for a mortgage." Both the home and the land it sits on are used for collateral.

Insuring a modular isn't a problem. Studies done by large insurance companies and published in industry magazines show premeium levels for modulars to be equal to or slightly below "stick-built" homes. The Lutz Agency in Bloomsburg offers regular homeowner policies to modular home owners.

The whole process may sound easy and very inviting but all is not perfect in the modular housing industry today. Factory-built housing has been around a long time; it has existed in one form or another since the turn of the century, but there are a few stereotypes still attached to it.

Traditionally, people buy "stick-built" homes and count on their home as an investment. Often, people believe that modular homes depreciate in value like a mobile home. Shiner says that modulars hold their value and appreciate like any "stick-built" home. One of the biggest fears for modular home buyers is having their home damaged on the way to the lot. The safety record of most haulers is excellent but, on occasion, an inexperienced driver has tried to squeeze a modular home under a train bridge that was a few inches lower than the house was high. Home manufacturers say this fear is unwarranted. Even if this were to occur, most companies and independant haulers are insured to protect against losses. Shiner says

that some of his company's homes have been safely carried by ferry to Martha's Vineyard in New York and one was placed on a steep mountain side in Vermont using two cranes to pass the segments down.

Both Rough and Bennett agree that it is difficult to find lots for modular homes in Columbia County. If you have decided to buy, make sure you have acquired a lot with the foundation and necessary hook-ups in place. The worst thing that can happen is to have your home delivered and have no place to put it. Rough says, "Most of our lots go to "stick built" homes even though we get many requests for modulars." Bennett explains, "There is a stigma concerning the modular home. People and developers sometimes feel that these homes are subpar and therefore place strict restrictions on them. But, if they really examined one, they would be amazed at the quality." **S**



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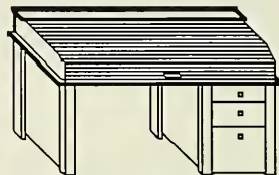
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AGAINST *all* ODDS

Taking 'heal thyself' to heart, Berwick man struggles to overcome his disability

by Gail Thompson Rippey

More than 14 years have passed since the warm August night when Lou Miraglia of Berwick was thrown over the handlebars of his motorcycle and into the windshield of a van, but only recently has he begun to resolve the problems that came with the accident.

Miraglia had been driving from his parents' home on Third Street shortly after midnight Aug. 3, 1975, on his way to Freas Avenue when the van swerved into his lane to avoid hitting a man who was lying in the middle of the street.

“

I had wanted to plunge a knife into my heart

”

The man, who had been “playing possum” in the street, paid for his foolishness through a jail term, but Miraglia paid more dearly. He suffered massive head injuries which paralyzed the right side of his body.

He also lost his sight in one eye and underwent years of mental anguish on a long road back to recovery.

To the casual observer, he has returned to a specimen of health. Slim,

tan and with only a tinge of gray in his hair, Miraglia, who is a grandfather, looks younger than his forty-six years.

His appearance and his outgoing personality have effectively hidden the years of pain, both physical and emotional, that he had to deal with following the accident. Few persons know, for

example, that he suffered severe bouts of depression and at one time, planned to kill himself.

“I had wanted to plunge a knife into my heart,” he says. “I was so depressed. I had this feeling that I’d never come back. I’d cry my eyes out. But I said I was going to do it.”

Miraglia admits that when he first began his recovery process, he was unable to accept his disabilities or accept help from others. That attitude, he says, cost him his marriage and family.

“She (his former wife) would have to help me into the car, then out of the car, and I didn’t like that,” Miraglia says.

The brain injury he sustained also



photo by Jim Bettendorf

A daily workout helps Lou Miraglia overcome paralysis.

caused him to have uncontrolled mood swings. “I got vicious with my children and my wife,” Miraglia says. “I’d either be laughing or yelling. To this day, my three daughters won’t talk to me.”

Adapting to his problems was difficult, Miraglia says, because up to the day of the accident, his life was “like a page out of a storybook.” At 17, he graduated from high school, got married, and went into the Navy where he became a petty officer interpreting official communications.

He was then selected by the Central Intelligence Agency to break codes. In 1964, he began a career that took him to nearly all corners of the world.

“I was living a life like you’d see in

a spy movie," Miraglia says. "I was a receiver. They'd (agents) send everything in code and I'd have to break it all down. I had the world by the tail. I was working with agents in Prague, all the Iron Curtain countries, and in Africa."

But he left that job at his wife's request in 1971, and became assistant pressman at Bloomsburg Craftsmen, a post he held until his accident.

Miraglia began his slow recovery from the accident with physical therapy at Geisinger Medical Center. It was then determined by Miraglia's doctors and therapists that the health club at the Berwick YMCA would be perfect for his rehabilitation program.

"For two years, I couldn't walk," Miraglia says. But through physical therapy, the use of weight machines, walking and swimming, he brought back enough strength in his legs to take his rehabilitation outside of the YMCA.

The real determination to conquer his injuries, however, came at the Ber-

wick High School track.

"I had a big channel all the way around the track," he recalls. "It was a cinder track and I'd have to drag my right foot sideways just to get it in motion."

“

**I'm finally
learning to live
with what's
wrong with me**

”

After weeks of walking the track each night, Miraglia says he decided to jog a lap. "I'd jog at night when no one would see me because I was a vain person," Miraglia adds. "I'd work and jog until I made 20 laps—that's

five miles—and I'd do that every night.

"Walking and running really helped me. I'd lay in bed by the hour. But as soon as it would get dark, I'd go to the track and stay out there for hours. Then the next day, I'd sleep late. It had been like a job; I really had to work hard."

Although he didn't want anyone to see what he was doing at the track, he did tell a friend, Kenny Whitmire, of his feats. "He said I was ready to run the streets. So we started running the streets. Not fast, but just a steady five or six miles a day."

Running with Whitmire on the streets of Berwick wasn't only physical therapy, it was mental therapy as well, Miraglia says. "When I started running in the streets, I had to concentrate on staying out of traffic or I'd get run over. That little bit of mental concentration on staying away from cars helped my balance out."

From the leisure run of the streets, Miraglia graduated to the timed pace

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of the 9.3-mile Berwick Marathons, held each Thanksgiving. He ran nine of the races, the first in 1978. He finished second from the last in an hour and a half in his debut run, but that didn't matter, he says.

"When I ran in my first marathon, the length of Market Street was filled with people. There was just enough room for me to get down through there. They were all hitting me on the back as I was coming through. You can't imagine the thrill I had. I was limping the whole length of Market Street, which is about a mile long. The true racing fans were gone, but the Berwickians who knew I was going to run were all along the route. It was amazing."

That boost encouraged him to run in more races, and before he gave up running a year ago, he had recorded a respectable finish: 664 out of 825.

Miraglia fell and broke his arm last year preparing for the marathon, but that didn't keep him from taking one last run. Doctors, he says, had told

him to limit his running so he wouldn't risk further injury to his limbs. In defiance, however, he continued. "I thought it would bring me back to normal," Miraglia adds.

Those who had observed Miraglia's participation in the marathons over the years were so impressed they established a special award in his honor. Each year, the Kiwanis Club of Berwick presents a Lou Miraglia Award of Excellence to a marathon competitor who has overcome a personal handicap to take part. Miraglia has also received a commendation from the state House of Representatives for his efforts and remarkable comeback.

Along with running, helping others has been another way Miraglia has healed himself. "I've talked to a lot of people," he says, "a lot of people who were down on life. I know what it's like. I used to get drunk every night to forget my problems. But I'm better now."

Miraglia says his personal life is

back on track since his recent engagement, the limp in his right leg is almost negligible, his balance and depth perception have improved, and he has brought enough dexterity back into his right hand that he can almost write his name legibly.

"I still have pain with my injuries, but the pain I have is in my heart," he adds. "I go to grab something and I just can't move my right arm. It hurts me. It makes me mad."

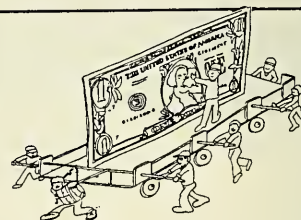
While he has come a long way, he isn't able to return to his job at Bloomsburg Craftsmen. "You really have to have a good reaction time to run the press," Miraglia says. "I used to be sharper than I am now. I know my brain injury has stagnated some of my responses." He receives disability payments for his injuries.

His years of recovery, Miraglia says, have taught him a couple of important lessons. "I'm finally learning to live with what's wrong with me and to accept the help from others." **S**

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BACK OF THE BOOK

Happy Trails...

Hiking in a winter wonderland

LLeading the nation in acres of state game lands and having 58 percent of it covered by forest, Pennsylvania is a popular spot for hunting. However, hunting isn't all you can do in the forests. Throughout Pennsylvania are hundreds of miles of historic trails.

America's first scenic trail, The Appalachian Trail, runs 2,015 miles through 14 states. It enters at the Delaware Water Gap in Northeastern Pennsylvania and exits below Gettysburg.

Although many people don't hike the trail from end to end, there are some who have dared to take the challenge. It took John Jurcynski five months to hike the full trail. For those who aren't out for a serious challenge, but would rather enjoy the scenery, a day hike or weekend trip is usually appropriate. It doesn't matter how long you hike, you still can see so much and meet so many. "It's not so much a solitary experience," says Jurcynski. "I met quite a range of people. All from an ex-brigadier general to an engineer."

Perhaps the Appalachian Trail is more famous than most trails in Pennsylvania, but there are many other

trails that have a lot to offer. The Susquehannock Trail in Northcentral Pennsylvania and the Loyalsock Trail, which parallels the mountain ridges of the Northeast, offer both challenging and casual hiking paths.

Closer to home would be the popular Ricketts Glen State Park, 30 miles north of Bloomsburg on PA Route 487. Within the park are 20 miles of trails varying in lengths and skill levels. The trails lined with oaks, pines, and hemlocks, follow along the 22 waterfalls in the park.

Although the flow of the falls are beautiful in the warmer months, the park's winter activities can make for a fun-filled day. Ricketts Glen offers snowmobile trails, ice-fishing, sledding, and an ice-skating rink.

Another popular, but smaller recreational area is the Montour Preserve located in the Appalachian hills of Northcentral Pennsylvania. The preserve, founded by the Pennsylvania Power and Light Co., offers the four-mile Chillisquaque hiking trail, the largest of ten trails at the preserve. During winter, the popularity of ice-fishing can be seen on the 165-acre Lake Chillisquaque situated in

the center of the preserve.

Hiking in the winter months can provide much enjoyment to those who like the cold, fresh air. However, specific precautions must be taken. "Your survival is much shorter in the winter," says Roy Smith, director of Quest at Bloomsburg University.

There are three very important things to remember when preparing a winter hike. First, if you are planning a short trip, you should eat foods containing quick-energy carbohydrates such as candies and fruits. This type of food contains half the calories of fat and needs to be eaten frequently for energy. Calories are needed for longer, winter trips, so fats such as nuts are highly recommended. They provide the essential fats needed and will also stay in your system longer because they are harder to digest. "The coastal Eskimos will eat two pounds or more of fat a day while they are on the move in the winter," says Smith.

Foods alone cannot act as protection. The type of clothing you wear is very important. Clothing retains your body heat and the type of clothing worn can make a difference. Although wool is very warm, it absorbs a lot of moisture and takes longer to dry. It

does not wick. "Wicking is the process where by moisture in clothing travels away from the warmth of the body to the cold exterior," explains Smith. Because polypropylene and polyester (man-made fabrics) wick, they are best for hiking.

Calories, which are important when hiking in the winter are lost when you sweat. Therefore, wear layers of clothing so you can take off your top layer if you feel too warm. However, be sure to put it back on when you've cooled down. Nylon covered mitts are preferred over gloves; wool hats or face masks, both with a nylon shell are suggested. Boots should be insulated and big enough for two pairs of socks because your feet are the most vulnerable part of your body.

Above all, you should know your abilities and avoid straining yourself. It could do more harm than good. There's nothing wrong with taking a rest and enjoying the winter scenery.

—LEA LAPPIN

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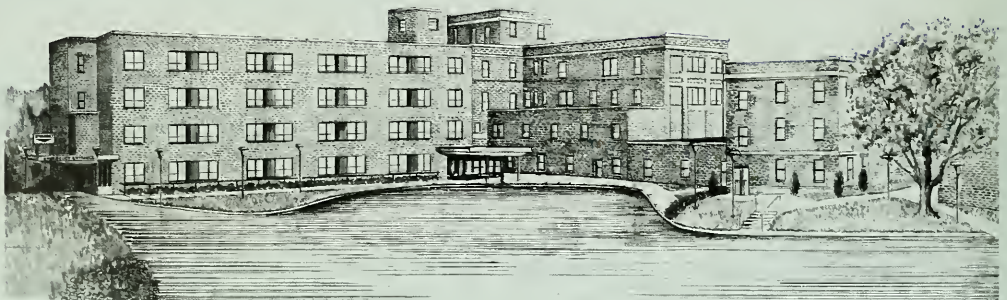
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Summer 1990

Vol. 4, No. 2

Spectrum

The magazine for Columbia and Montour counties \$2.50

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Spectrum

The Magazine for Columbia and Montour counties

Summer 1990 Vol. 4, No. 2

All-American Magazine, Associated Collegiate Press
Medalist Award, Columbia Scholastic Press Association
Second Place, Overall Excellence, Society of Professional Journalists

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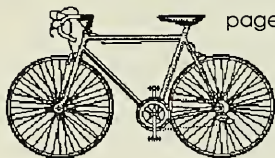
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Cathy Beck, co-owner of Beckie's Fishing Creek Outfitters, Benton, combines pleasure and work on a beautiful spring day.

Photo by Barry Beck

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BEHIND THE LINES

Pennsylvania has more miles of rivers, streams, and brooks than any other state. This abundance of flowing water opens opportunities for outdoor recreation unknown in other areas of the country.

Fly fishermen and bait fishermen alike have made our state a haven for their relaxing pastime. In our area, Cathy and Barry Beck, owners of Beckie's Fishing Creek Outfitters, Benton, provide services for the area's fly fishermen as well as fishermen like former President Jimmy Carter. The relaxation of fly fishing is a release for those seeking relief from the stress of modern life. In this issue of *Spectrum*, Kelly Monitz profiles the Becks and their contribution to local fly fishing.

This year, *Spectrum's* Summer issue is one of the biggest ever. Our editorial staff has compiled a group of stories on how to have fun in the sun and how to stay healthy during the upcoming recreational season: Megan Hoff's center spread story shows us that the wheels are turning for area cyclists; Jack Smith helps us decide where to go on beautiful summer days with his story on local parks; *Spectrum's* guide to some of our local taverns gives you ideas about night life; Gina Vicario did some fancy footwork and examined the "sole" of sneaker wearers; and Marla Engelman suggests some alternatives to traditional summer cooking.

Health issues that affect our community concern us at *Spectrum*. Mike Mullen exposes the dangers of steroid use in his interview with a former user; he also introduces us to an athlete who has achieved success well into her golden years in his article profiling Carolyn Derr; Stacey Beltz sheds some light on the practice of indoor tanning; Gina Vicario exposes the "couch potato" era; April Moore tells us about the prob-

lems family doctors face; and we look closer at the labels on our food in Marla Engelman's story on eating healthy.

For the area's craftsmen, we have a story by Jim Roberts on a family run business in Bloomsburg, and Jodi Hennion visits Heritage Village.

And, as always, we have our regular features—The Cutting Edge and Back of the Book.

As a community magazine, we share your concerns about health and environmental issues as well as a number of other subjects that affect our lives. It is our wish that we can continue to serve the people of Columbia and Montour counties with the same outstanding tradition of journalistic excellence that we have established.

We take pride in serving the greater community of Columbia and Montour counties. Our pride leads to a level of journalistic quality that has been recognized by our peers. *Spectrum* has been named an All-American magazine by the Associated Collegiate Press for the second straight year. Our December issue center spread was judged second and our typography was judged third in our category by the Associated Collegiate Press. In addition, we have received Medalist honors from the Columbia Scholastic Press, honoring us as one of the finest college/community magazines in the nation, and we have been cited for high honors in overall excellence by the Society of Professional Journalists. — The Editors

Special Notice: If your copy of *Spectrum* is signed by State Representative Ted Stuben (D—Berwick), you have won four quarts of strawberries courtesy of *Spectrum* and Rohrbach's Farm Market. Take this copy to Rohrbach's to claim your prize. Thanks for reading *Spectrum*.

Spectrum is published twice a year by the Program in Journalism of the Department of Mass Communications, Bloomsburg University of Pennsylvania (Bloomsburg, Pa. 17815). Single copy price is \$2.50. No portion of *Spectrum* may be reprinted, including advertising, without permission of *Spectrum*. ISSN 0892-9459.

Spectrum

Summer 1990

Vol. 4, No. 2

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Walter M. Brasch

EXECUTIVE EDITOR

James C. Roberts

EDITORIAL

SENIOR EDITOR

Gina Vicario

ART DIRECTOR

Lea Lappin

ASSOCIATE EDITOR

Megan Hoff

ASSISTANT EDITORS

Marla Engelman, Mike Mullen,

Karen Sheehan

EDITORIAL ASSISTANTS

David Scott, April Moore

CHIEF PHOTOGRAPHER

David Scott

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D.J. Metcalf

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THE CUTTING EDGE

TECHNOLOGY

Picture Perfect

You're sitting in a waiting room, reading a magazine, when you glance across a beautiful model with her teeth blackened. People commonly get urges to alter magazine pictures to see just how different and interesting they could be.

Journalists experience similar urges; however, their wish is usually to retouch flaws in a photograph rather than to create ones.

Until recently, the only method for enhancing and manipulating color images was a time-consuming proc-

ess of trial and error. Within the past year, the *Bloomsburg Press-Enterprise* installed a system that dramatically expands what can be done to pictures. Kodak's Designmaster 8000 is a complete system for input scanning, color editing, retouching, soft proofing, and outputting separations. The computer can rapidly call up and change any picture. This system eliminates guesswork by offering a variety of possible image and color alterations.

Dick Kashner, manager

of the Color Graphics Division, says that color separations—when photographs are separated into the four base colors of magenta, cyan, black and yellow—are easy with this system. "It is all done electronically with no film involved," he says. "This eliminates handwork, improves accuracy, and doubles productivity because you can perfect a picture on a screen before you output any film."

For example, a man photographing a sunset to send his girlfriend could easily eliminate the telephone wire crossing the middle of the picture.

The Designmaster 8000's real difference begins with the Input/Output Workstation. Once an original is scanned, the digital version can be stored, retrieved, edited, retouched, and put to separation films. The computer can crop, scale, and position pictures; overlap square ups; and add borders or tint blocks. This is useful in making lettering or positioning more attractive.

Experimentation is unlimited with this system. Color editing allows a person to use transparent or opaque airbrushing; extend, sharpen, blur, or rotate pictures; and conjure up a variety of different picture elements to create the most incredible special effects.

Because original pictures are stored separately from changes, a person is able to return to the original picture.

Kashner believes the most incredible capacity of this system is its exceptional selective color ability. "There are no limits to what you can do with color and imaging," he says.

Although the ethics of journalism don't permit distortions of a news photograph—putting Debbie Boone in a photograph with Muammar Qaddafi is a "no-no"—this system can make it easier for graphic designers, editors, and maybe one day the public, to get "just the right touch."

—KAREN SHEEHAN

Before

After

First United Church of Christ
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BULK

ON BORROWED TIME

by Mike Mullen

He started taking them for the same reason everyone else did—to look good. “It’s as simple as that,” a former steroid user says. “I wanted to look good on the beach and be impressive in the weight room. Sports wasn’t the initial motive, although it was part of my decision.”

“The person that prescribed mine was a good friend,” he says. “He set me up on a six-week cycle that would include both injections and pills, ‘stacking’ it’s called.” He took the pills in pyramid form, increasing the number of pills per day from three to five to eight in the first three weeks, then decreasing, eight to five to three, in the last three weeks. He says he did this so he could gradually introduce his body to the drugs and then allow his body to go off of them slowly.

“You don’t want to abuse them,” he continues, “If you are on them for six weeks, you usually are off of them for the next six, that’s the kind of cycle you follow.”

He says it takes four to five weeks to see the effects; four to five weeks after stopping, the effects begin to decrease. “That’s why you do six on and six off, because just as the effects begin to wear off, you begin a new cycle,” he explains.

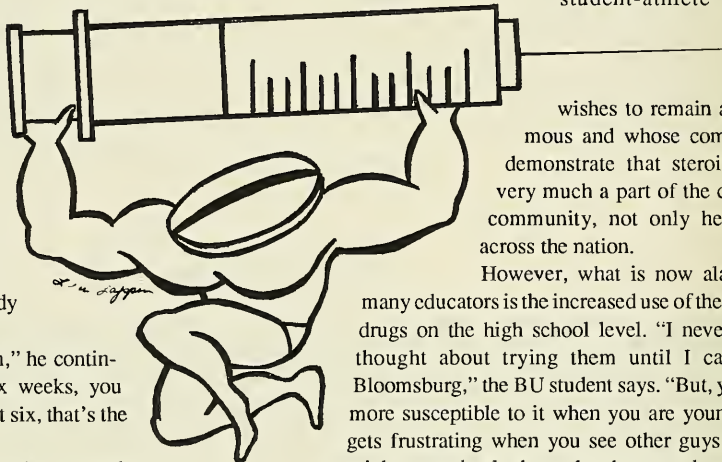
“It’s easy to tell if someone is on the drugs,” he says. “Everybody denies using them, mainly because they don’t want to admit they need help to get big, but when a guy balloons up in six weeks, you know.”

Steroids give additional size and strength, but users get more than they bargain for

There are other signs, including increased acne, oily skin, skin that glows, and puffiness, especially in the face, which are dead giveaways that someone is “on the juice.”

“When the guy you see in March is not the same guy you saw in January, you know what’s going on,” he says. “The person may not notice a big change, but those around him sure will.”

This former user is a well-known Bloomsburg University student-athlete who



wishes to remain anonymous and whose comments demonstrate that steroids are very much a part of the college community, not only here but across the nation.

However, what is now alarming many educators is the increased use of the illegal drugs on the high school level. “I never even thought about trying them until I came to Bloomsburg,” the BU student says. “But, you are more susceptible to it when you are younger. It gets frustrating when you see other guys in the weight room that look good and seem to be saying, ‘I’m huge, I’m lifting more than you.’ Everybody looks at them. Heck, all the girls look at them.”

About one out of every fifteen male high school seniors in the United States takes anabolic steroids according to a new survey released in the *Journal of the American Medical Association*. More than one-third of those reported they first started using the body-building drugs at the age of 15 or younger. Another one-third said they began taking them at

age 16. Almost half of the users "stacked" the drugs, using more than one kind at the same time; almost forty percent took steroids both orally and through injection.

Reasons for taking the drugs vary. Nearly half said they did it to improve their performances in athletics, while 26.7 percent said the main objective was to improve their appearance. Some 35.2 percent said they did not plan on playing high school sports.

Although these numbers suggest many users are involved in high school sports, education about the dangers of steroids can't stop there.

High school students must be informed because the danger to adolescents is greater than the already large problems that their use poses to adults, according to Dr.

Tim McConnell, exercise physiologist and director of Cardiac Rehabilitation at Geisenger Medical Center. In adults, the use of steroids can shut down the normal production of hormones and induce an atrophy in the muscles, says McConnell, noting that, "In fact, sometimes a user must continue on hormonal supplements because their body has completely shut down production as a result of the drugs."

"Just from a hormonal standpoint, their use at an early age can have a tremendous effect on the growth rate and the amount of testosterone that is produced in the body," he says.

"Again, as in adults, outside sources may cause the body to shut down production and this can affect the development of secondary sex characteristics such as bone density, muscle mass, and body size," he says.

Long-term effects include heart problems, risk of stroke, liver cancer, liver failure, and cardiomyopathy, a condition in which the muscle fibers will not allow the heart to contract properly and greatly increase the risk of heart attack.

Not all the effects are physical, either.

In 1988, Michael Keys, Mount Clemens, Mich., put a .22

caliber rifle to his head and pulled the trigger ending his life at 17 years. He was on steroids and his family insists that the psychological effects of his drug use drove him to suicide.

"After a while he started acting differently," says his brother Phillip. "He took everything the wrong way. You'd say one word and he'd get upset and walk away."

The morning of his death he seemed cheerful despite the fact he couldn't open his car door—its lock had frozen shut. Later in the morning, he phoned his father to tell him he still couldn't get it open. When his father came home at 7 p.m., he found Mike's body lying next to his weightlifting equipment. "Something ticked him off and within 30 seconds he did it," says his father.

The BU athlete also experienced a range of feelings while on the drugs. "You notice more changes besides the obvious physical aspects while you are on steroids," he says. "Mentally, you're so much more aggressive. For me, I always wanted to be in the weight room. I just wanted to attack the weights and throw them around the room."

"I was never much of a bench-presser," he says, "but I went from benching 235 pounds to 320 pounds in six weeks. Seeing your weight go up so quickly gives you such an incredible feeling, you almost get a high from working on the weights."

"Of course, with such an increase in aggressiveness came a decrease in my tolerance level. My temper was so short. People got on my nerves a lot easier, even for the silliest things. I got into several fights because of my attitude from the drugs," he says.

Physically, it wasn't just the increased bulk that came with the steroids. "My muscles got tighter and that drastically decreased my flexibility," he says, "and what scared me was that I would get out of breath just climbing a flight of stairs. Something wasn't right."

This problem could have been much worse if he had a few

How you can tell if someone's on steroids

- Increased aggressiveness
- Increased appetite
- Increased weight
- Increased muscle definition
- Abnormally oily skin
- Excessive acne
- Puffiness (esp. around eyes)

Possible complications from steroid use

- Cardiomyopathy
- Liver damage
- Liver cancer
- Increased total cholesterol
- Testicular atrophy
- Increased aggressive behavior
- Increase in libido
- Muscle structural abnormalities



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drinks on the weekend. "You couldn't have any alcohol at all," he explains, "Any pill form of steroid will go through your body first, including your liver. If you drink and force your liver to process both the alcohol and the drug, you are asking for trouble."

But with the possibility of drug-testing, wasn't he already asking for trouble?

"Not really," he says, noting that he "planned ahead."

"I knew I had tests to take," he points out. "I just found out

**"Seeing your weight go up
so quickly gives you such
an incredible feeling, you
almost get a high from
working on the weights."**

the longest time I had to go without them to avoid being detected and I took my last pill that day. By the time the tests rolled around, I passed with flying colors."

He quickly added that this was a couple of years ago when the tests weren't as accurate and could only trace the drugs as far back as about eleven months. "Now they can go as far back as eighteen months. I guess you could say I was one of the lucky ones."

That isn't the only thing that has changed since then either. "You would be gambling if you took them now," he says shaking his head. "Now they have you sign a paper allowing them to spot check you with tests during the season. If they had done that two years ago, I would have been dead."

Although Bloomsburg University doesn't conduct random drug-testing, all student-athletes are required to sign a statement form at the beginning of the year, according to BU Athletic Director Mary Gardner. Included in the form is the consent of the student to participate in the National Collegiate Athletic Association (NCAA) drug-testing program.

Originally, Gardner says, this testing involved any athlete participating in NCAA-sanctioned championships or post-season tournaments. Now, after the passing of a resolution by the NCAA in January, the student consents to year-round random testing, in season or out.

"I think the NCAA recognized that some athletes could avoid detection by timing their drug use correctly and now they want to eliminate that possibility," Gardner says.

"We have never had any of our athletes test positive," she adds, noting that the overall number of positive tests nation-

ally in all three divisions is extremely low.

There is no drug-testing in high schools, at least not yet, and the only way for someone to get caught would be if a coach or teacher actually saw students dealing the drugs. Should that happen it would be covered under existing alcohol and substance abuse policies. Local coaches say they aren't aware of any immediate problems, but are quick to point out that doesn't mean it can't happen locally.

"Even though there isn't a problem here, it could grow unless education is undertaken publicly to inform the kids of the dangers," says Jay McGinley, Southern Columbia wrestling coach, "It's in the area and will become easier to get." McGinley claims he never talked to anyone who sold them or used them, but has "heard rumors."

Central Columbia head football coach Bob Rohm says that the problem at Central is not great because of the way he and his coaching staff deal with their athletes.

"The prevention of this sort of thing must start with our concern for the well-being of the kids," he says, "We have to make our athletes feel proud of themselves and also let them know I'm concerned about them even when I'm yelling at them. They know my door is always open and they can come to me to talk about anything." He says if he thought an athlete was using them he'd "sit down with him and ask about his values. Why are you doing it? I'd ask him to look at where he is getting it and ask him if that is the life he wants to follow. My way isn't easy and nothing can replace hard work. I'm gonna (sic) tell him that he won't like every practice with me,

**"What scared me was
that I would get out of
breath just climbing a
flight of stairs.
Something wasn't right."**

but if he works hard, he can look at himself in the mirror and not be ashamed."

"We stress the importance of the total athlete and what an athlete is," says Rohm, "The student must define himself and know what his role is. An athlete is a hard worker and also a participant off the field as well."

Off-the-field activities may include weight training in the gym, a place where such steroid transactions often take place. Jay DeDea, a former Bloomsburg University football player,

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now a coach at Bloomsburg High School, says he saw more usage by students who didn't play sports than by students who did, during his days on the Bloomsburg campus.

"I have never heard of any problem of this type here at the university. It wasn't a major problem when you consider that at every college you will have some sort of usage among the general population," he says.

The problem, as DeDea sees it, is that professionals are sending mixed signals to the student-athletes. "What we need to do is find out exactly which types of steroids are good and which are bad. The professional people aren't exactly sure. I mean, they prescribe certain types for rehabilitation purposes, but then say they are all dangerous. From a personal stand-

**"I've had a few injuries. I
can't say it was steroid
related, but I also can't say
it wasn't. I know using
them didn't help any."**

point, I have been prescribed steroids for use during my rehab. Does that make me a bad guy?"

DeDea sees the National Football League (NFL) as a contributing factor for more than one reason. In 1985, Pete Rozelle, the league commissioner, and Gene Upshaw, the director of the player's union, claimed that steroids weren't a problem. In 1989, Rozelle said about six percent of professional football players admitted in a survey to using steroids. However NFL insiders say that their use among linemen might be as high as 60 percent.

Those insiders include former Pittsburgh Steeler and Tampa Bay Buccaneer Steve Courson, a former user. Courson is upset because he believes the NFL treats steroids as simply a public relations problem. This attitude, he claims, just gets them into a PR problem.

Courson would know about such things. He started using steroids in 1974, his freshman year at the University of South Carolina, and continued to use them throughout his nine-year professional career. He didn't stop until, as a result of their use, he developed cardiomyopathy. His standing heart rate was 150 beats per minute, his heart was stretched and dilated, flabby and baggy and couldn't pump the way a normal heart should according to his cardiologist, Dr. Richard Rosenbloom.

Now the NFL tests all players for steroid use during the

pre-season, but under Dr. Forrest Tennant, the former NFL drug advisor who resigned on February 25, only those players who test positive in August are spot-checked during the season. So where is the threat of discovery?

"Any treatment of the situation has to start in the NFL. Let's face it—that's where every high school football player wants to go and these kids think that to get there they have to use the drugs. Then in the NFL, you have players getting tested positive, but nothing is done. Is that the right message to send to young people?" DeDea asks.

Another problem that worries DeDea is where the kids are getting the steroids. "They are in the same situation as buying any kind of illegal drug. You have no idea if what you're buying is garbage or not. Sure, the people out there say they can get you this or that, but you don't know exactly what you are getting and that could be more dangerous than anything else."

The BU athlete says he wasn't worried about the quality of the drugs he was getting. "I had friends who took them and they were very trustworthy. I knew if I had a problem I could go to them and work it out," he says. "There is a risk if you deal with people you don't know. Then you might be getting placebos and being ripped off. From my experience, most imitations were just placebos. No one is going to try to hurt anyone, but they may make the stuff weaker."

According to two other BU students who know ways to obtain the drugs, there is a trust between the chain of people you obtain them from. "If you aren't sure of the quality, look at the guy you're getting them from and how it affects him," one says.

"The guys aren't going to go around pushing it," the other says. "If you want it, you ask around, 'Can you get me in touch with someone who can get it for me?' That's how it works. Nobody deals with strangers because it's such a big risk."

Bigger than using them in the first place? The BU athlete says it isn't, but claims that their use is not as widespread as they were when he was using them. "People are wising up and not doing them," he says, "Of course you still have some morons who think the risks are worth the gains. I would tell anyone that asked me not to try them. The physical gains will last only the few weeks you're using them and will disappear when you go off. If you try to maintain size by continuing to use them, you increase the risk of long-term effects."

He's not sure if his body has suffered any long-term damage from using the drugs. "I have had a few minor injuries to my joints since that time," he says. "I can't say it was steroid-related, but I also can't say it wasn't. I know for sure using them didn't help things any." **S**

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SNEAKIN' AROUND TOWN

They're not just for
walking anymore

by Gina Vicario

There was a time not too long ago when investing in a new pair of sneakers meant nothing more than going to the local discount store and buying the cheapest sneaks you could find. You had your dress shoes and you had your sneakers. You just didn't mix the two. However, the influences of advertising and peer pressure have combined to create an attitude that breaks away from the traditional American view of the sneaker. Sneakers have become a fashion statement—a vehicle by which people have come to judge one another's characters, attitudes, opinions, and way of life.

"Sneakers reflect your standard of liv-

ing," says Albert Calderon, 20, Lewisburg, who pays about \$70 a pair. "Looking good is a way of life these days. People expect you to always look good, and that's why I go for the good-looking sneakers," he says.

"People wear sneakers in order to keep a certain image," agrees Thericia Wagner, 16, Bloomsburg. "People feel that they have to keep up with the other kids in their group of friends."

The rise in demand for fashionable sneakers is no secret to local sportswear dealers.

They're aware that people have become more conscious about what they wear on their feet.

"People, especially high school students, are judging others by the sneakers they are wearing," says Mike Loy, manager of Columbia Mall's Foot Locker. "Instead of choosing a sneaker that best fits their individual needs, people are under the false assumption that big-name, highly technical sneakers are always the best buy. I think many

people are more concerned with comforting their ego than their feet."

Mother nature planted the seeds of insecurity in human beings, and advertising companies have taken the ball and

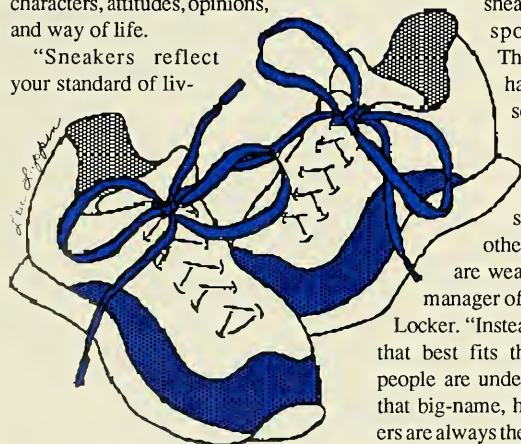
run with it. They have identified with the human need for a role model—someone to look up to and strive to emulate. Sneaker corporations have been extremely successful in their ad-

**"Sneakers reflect
your standard of
living."**

vertising endeavors of recent years. Endorsements by athletic superstars have also proven beneficial in increasing the overall sales volume of sneakers, not to mention the monetary windfalls endorsements provide, especially to Nike, Inc. According to Nike, the company grossed over \$1.2 billion in total revenue in 1988.

"The Nike Corporation has created a great market through advertising," says E.J. Moore, manager of All Sports, Bloomsburg. "Endorsements by superstars Michael Jordan and Bo Jackson, among others, have helped make Nike athletic shoes the hottest selling in the market."

In addition to testimonials, Nike has been successful in marketing an Air-



Sole concept that many people are quick to buy, but few seem to really understand. Nike claims its Air-Sole unit contains a special pressurized gas which provides cushioning during landing and protects against shock-related injuries to the foot and lower leg.

Loy, however, says that many who buy sneakers with Air-Sole units are not regularly engaging in the type of activity that would require such support. "The Air-Sole units would probably best benefit those who play on athletic teams," says Loy.

Reebok seems to be closely following local Air Jordan sales by Nike with their Reebok Pump basketball shoe. Despite their great success, local managers still claim that they are encountering problems with the marketing of both shoes.

"Air Jordans, which retail at about \$110, are available in limited quanti-

ties," says Moore. "We have a lot of people, mainly high school students, coming in to buy the sneaker, and we can't keep up with the demand."

The Reebok Pump, which retails for about \$170, seems to be too expensive for the average customer, says Loy, noting that "when you buy the Reebok Pump, you're paying for the function of

the shoe—the special support that it extends to basketball players." However, people aren't using the shoe for the function. They're using it for the fashion.

According to Moore, "When you're dealing with the average customer, style and color seem to be more important than technical features the shoe has to offer. I find that while I am explaining technical features to customers, they seem more interested in wandering off to see what their sneakers look like in the mirror."

"If the style is there, they'll buy it."

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New patterns, colors, and styles seem to come and go faster than the average person can wear out a pair of sneakers. Sneaker companies seem to have a keen sense when an old style is becoming stale. Immediately they introduce a new look to the market.

"Neon colors and psychedelic patterns have become very trendy," says Moore. "If they see style there, they'll buy it."

Although a high percentage of big-name sneaker customers are in their teens, they aren't the only ones jumping on the bandwagon. Preschoolers are seeing commercials and imitating their older brothers and sisters. They are asking parents to spend up to \$40 on preschool sneakers designed for running, jogging and court action—and the parents are buying!

"Children come in the store with their

parents, and go straight for the big names," says Moore. "They are very aware of what sneakers are in fashion."

Not everyone believes that being in style means blending in with the crowd.

Jay Kellett, 20, Langhorne, says his favorite pair of sneakers are designed with a black and white leopard pattern and have different color stripes running through them. "I like psychedelic sneakers because they make you stick out," says

Kellett. "They're conversation pieces that you can wear on your feet."

Whether you're wearing sneakers to blend in with or stick out from the crowd, the fact is that people are taking notice to what you are wearing on your feet. Your sneakers have become more than just a type of footwear. They have become a reflection of who you are. **S**

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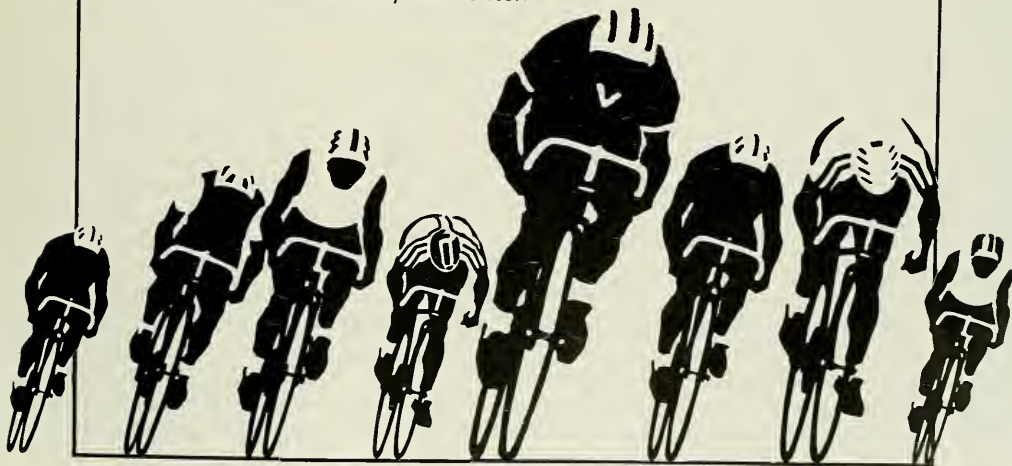
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Cathy and Barry Beck, owners of Beckie's Fishing Creek Outfitters, are in the business of going fishing

by Kelly Monitz

Are you all stressed out? Do you come home at night and bark at the dog? Do you need a break from life? Picture yourself in a tranquil wooded area by a stream on a warm sunny day. This quiet and relaxing place helps you temporarily forget what you're leaving behind. Many of today's high-power professionals get away from their stressful careers in places just like this one and use fly fishing as a way to unwind.

Beckie's Fishing Creek Outfitters, Benton, owned by Cathy and Barry Beck since 1980, specializes in fly fishing tackle and accessories. The Becks, a husband-and-wife team, run the business with "very little outside help."

According to Cathy, "There are very

few couples in the business, and very few females." Being a team has led to some unique experiences for them. On one occasion, a prestigious fishing club called and wanted to know if Barry would come out as a speaker. It was an all male club that wanted Barry to come out alone. The Becks declined the offer.

Through the business, the Becks have met many interesting and influential people who also enjoy fly fishing. Cathy says, "We see a lot of doctors, a lot of Wall Street people, and a lot of Washington, D.C., people." Some of the people she has dealt with have expected special treatment because of their position in society. Cathy says that the names don't mean much to her. Usually, by the end of the day, everyone is on a first name basis, even presidents.

One evening, the Becks received an unexpected call from the White House inviting the couple to attend a gathering with President Jimmy Carter. "I was sure somebody was playing a joke," says Cathy. However, the call was legitimate, and the couple joined the President at Cattoktin National Park, Maryland. "He came in blue jeans, and really acted like one of us," recalls Cathy. He was just interested in talking about fishing. The President found out about Beckie's through *Fly Fisherman* magazine.

Roger Star, member of the editorial board, *New York Times*, says of the Becks, "I thought they were very likable people." Star met the Becks at a fly fishing convention. He's been fly fishing for twenty-seven years, and went to

Barry Beck,
co-owner of
Beckie's Fishing
Creek Outfitters,
enjoys the relaxa-
tion of fly fishing
that lures his
customers.



Beck Photo

the Becks for their guide service. "Fly fishing puts you in nature, and you're a part of nature," says Star, "It's very relaxing." Star is used to 60 to 80 hour work weeks in a very demanding and stressful profession.

"So many people today are in high-pressure, high-stress jobs and they don't have any free time to themselves. When they get a day to themselves, they want to make the most out of it," says Cathy, "So, it's advantageous for them to hire somebody who can guide them on the stream." A guide will take the fisherman where the best fishing is, and offer as much assistance as needed in catching the fish. This might entail tying on the flies, netting and releasing the fish, or just locating the fish. Cathy believes, "If you're a fisherman, and you're in an unfamiliar part of the country, you can hire a guide. You can save a lot of time you might otherwise waste just wandering around the stream."

Guiding rates are \$125 per person, but each additional person in the group is charged \$65. No more than three

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Beck Photo

Cathy Beck (left) teaches a novice fly-fisher how to cast out a line.

people are assigned to one guide.

The Becks also conduct "Intensive Care" fly fishing schools. The basic program covers all aspects of fly fishing for the beginner. The students learn how to use the equipment, how to tie specific knots, discuss gear and tackle, and learn proper casting techniques. The cost of the one-day school is \$125 per student.

The Becks lease land on Fishing Creek for their fly fishing schools and guiding service. Cathy explains that it is necessary for them because they are offering a service in which they need to have control over the water and the environment. "When we go to our private stretch of water, we know there aren't going to be any other fishermen there," says Cathy. She acknowledges that there was some opposition from the local people against leasing the land, but contends that it's no different than a hunter posting his land against the general public.

Their private area on the creek is designated as "catch and release" only. That means that all fish are returned to the water unharmed. A fisherman can insure the fish's safety by pinching down

the barb on the hook. "A smooth hook will be easy to remove from the fish's mouth," states Cathy.

A major difference between bait and fly fishing is that fly fishermen release the fish, whereas bait fishermen often try to take home their daily limit. "There

are more fishermen now than ever before, and there is less water for the fish to survive in," Cathy observes. "So, we can't continue to kill eight fish a day, every day, and expect to always have the fish there when we return." Many bait fishermen do return the fish to the water, but many still continue to take home their limit.

According to Cathy, fly fishing can be harder than bait fishing. "Because the flies are imitations of insects on the water and in the air, a fly fisherman has to be more aware of what's going on," says Cathy. "He's constantly watching the birds, the insects, and how the fish are behaving." The artificial lures look almost like live insects. An observant fly fisherman watches the stream, and finds the appropriate fly to match the specific insect hatch on the water's surface. According to Cathy, the time of year will also determine what insect is used, because specific insects hatch at the same time each year. Knowledge of the patterns is helpful to the fisherman, although not necessary. Most bait fishermen don't need to be as aware of these hatching patterns, because they're using live bait rather than artificial lures.

Cathy and Barry Beck are one of the few husband-and-wife teams in the fly fishing business.



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A fisherman becomes a good fisherman through time and experience, whether it's fly fishing or bait fishing. The main differences arise through environmental issues. "A good fly fisherman must be involved with the environment," says Cathy, "When we start to see the insects disappear, or we feel a cold water resource warm up, we know we're going to lose the trout fishing unless we turn it around. Cathy added that the bait fisherman may not be aware of these things and not realize his stream is in trouble as soon as the fly fisherman would.

Fly fishing is not just a sport. It's an escape from today's stress-filled world. This is the reason so many people, especially the well-known and influential, enjoy it as a get-away from today's fast-paced reality. Grab a pole and go fishing. **S**

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The *Burning Truths* of Indoor Tanning

by Stacey Beltz

If you're thinking about preparing for summer by going to an indoor tanning spa, think again. "You damage your skin every time you tan," says Dr. Christine Markus, dermatologist at Geisinger Medical Center.

Some dermatologists claim there is no such thing as a "safe" tan. Although tans are often associated with a feeling of well-being, tanning is actually the skin's response to injury.

The Columbia County area offers a variety of tanning-bed locations including Arcus Brothers, Bloom Nautilus and Fitness Center, Headlines Family Salon, Rosemary Shultz's Beauty Salon, and the Tahitian Tan Spa.

The area prices range from \$3 to \$5

for the first session. There are also incentives offered in the form of free sessions and money off for the purchase of more sessions.

People pay these prices because they "think a tan will give them a short-term healthy appearance," says Markus, "In the long term it will damage their skin."

However, tanning bed owners claim gradual tanning is beneficial and not injurious. Rosemary Shultz, owner of Rosemary Shultz's Beauty Salon, says people tan indoors "because they don't get exposed to the sun very much. It is less time-consuming." She says, "Tanning indoors is more relaxing than in the hot sun. It's also more comfortable because I can have the air conditioner and exhaust fans on."

Bryan Zeisloft, owner/manager of the

Tahitian Tanning Spa, Bloomsburg, says, "Abusive tanning is cancer causing, but controlled tanning is just as harmless as no tan. Plus, you look healthier and you feel good about yourself."

Markus disagrees. "Any type of radiation, whether by the sun or artificial means, can damage skin," she says, pointing out "one is not safer than the other."

Markus admits she visited a tanning spa years ago, prior to becoming a physician. "I didn't tan any better than under the sun. I wouldn't go again, though," she says. "I see too many people who've gotten bad scars from chronic radiation. I have seen people with skin cancer, which has resulted from chronic ultraviolet light exposure, who lost parts of their noses and were disfigured. I've seen what radiation does to the skin."

The short-term effects of exposure to ultraviolet rays are burning of skin. The long-term effects of tanning can show years later as a result of repeated, prolonged exposure to sunlight. These delayed reactions could be in the form of premature aging and premalignant and malignant changes. Some degree of irreversible damage to the skin occurs with each prolonged exposure, according to Markus.

Most long-term harm occurs many years later in the form of basal cell carcinomas and actinic deratoses. Long-term damage also can lead to premature aging of the skin or other skin cancer, says Markus.

Cancer appears in many ways such as



People with fair skin have higher chances of burning outdoors as well as indoors.

Photo by Rob Coleman

To avoid burning on vacation, Nicole Greco, advertising account executive of *Spectrum Magazine*, tanned three times a week to prepare for her trip to Mexico.



Photo by David Scott

tumors or bumps on the skin or as a wound that won't heal. The effects depend on what type of cancer it is, according to Markus. Some types can be disfigurative. A scar will remain where the tumor is removed.

"If someone had a tumor penetrating the nose and we remove the tumor, the nose could end up deformed," says Markus.

Besides damage to the skin, tanning also has other dangers. As a result of increased light to the cornea, tanning can damage the eyes and lead to the possibility of cataracts.

The risk of cancer is different for each person. According to Markus, people with fair complexions are probably more susceptible to skin cancer. This occurs because their skin has less protective pigment known as melanin.

Melanin filters out the harmful rays of the sun. Fair-skinned people, such as many of the Northern Europeans, with little melanin, are predisposed to skin injury. Hispanics, American Indians and Blacks have greater amounts of melanin in their skin which protect them from cancer-causing ultraviolet irritation.

The lighter your skin, the more dangerous tanning can be. "You increase your chances of cancer whenever you sunbathe. Anytime you tan your skin and get radiation exposure, you damage your skin," says Markus.

According to Zeisloft, many customers mistakenly believe people who tan

"Any type of radiation, whether by the sun or artificial means, can damage skin."

poorly outdoors, especially fair-skinned people, will tan more easily indoors.

Markus says, "If people tan slowly in the regular sun, they will tan slowly in tanning beds as well."

The time spent tanning indoors varies depending on what type of skin people have. A first-time customer can spend 7

to 20 minutes in the bed once a day. If the skin is very fair it should be 7 to 8 minutes. Once a "tan" is established, the time is extended. Times vary with the different tanning places.

Some people, obsessed with getting a tan, push for time limits. "One customer came in and claimed she was a physician. She wanted 20 minutes for her first dose," Zeisloft says. That is usually not the industry standard.

The time spent tanning depends on the strength of the rays involved. There are two rays involved in the tanning process, ultraviolet A (UVA) and ultraviolet B radiation (UVB). Sunlight contains both UVA and UVB rays. Most lightboxes (tanning beds) use primarily UVA. "UVB was always thought to be most dangerous. Now we know that is not necessarily true," says Markus.

The two radiation rays affect the skin differently. UVA rays, which are longer in wavelength than UVB, can penetrate deeply into the lower levels of your skin and cause premature aging, wrinkling, and skin cancer, according to Markus.

During the past ten years, tanning parlors offering UVA rays have become popular. UVA has been called the "safe"

tanning ray by the industry, but recent studies contradict this suggestion.

According to Zeisloft, many of the salons rely predominantly on ultraviolet A to produce tans. "A suntan is a shield that stops harmful rays from penetrating," he says. "UVB was said to be linked to skin cancer. This is old-fashioned and gave the industry a poor reputation." Because of this, many owners switched to UVA. "The industry is still studying the effects of the UVA rays," says Zeisloft.

Markus says, "Exposure to UVA radiation is especially harmful for people taking medications which sensitizes the skin to light," she says. "This is called drug photosensitivity."

Such medications include psoralen, tetracyclines, anti-diabetic agents, some tranquilizers and some blood pressure medication. Markus warns those using the medication to be extremely careful while tanning. "Tetracycline is one we worry most about since many teenagers use it for treatment of acne," says Markus.

Zeisloft admits there are risks involved. "If there is a family history of skin cancer, I wouldn't take the risk," says Zeisloft. "Also, if you tan with difficulty, why tan at all? If it takes that much effort to tan, you've got to be doing something you shouldn't. Some

**"If it takes that
much effort to tan,
you've got to be
doing something
you shouldn't."**

people think a tan is a big deal and really important," he says. "They just don't like to hear they can't tan."

Surprisingly, with all the dangers involved, there are few regulations placed on tanning bed owners. "The Food and Drug Administration supervises the structural safety of machines,

but there are no standards about radiation of light," says Markus. "One machine may be different from another down the street."

Some tanning bed owners confuse consumers by advertising that their units are approved by the FDA. The FDA does have rigid standards regulating the safety of the tanning booth apparatus to prevent it from collapsing on a person. However, this doesn't mean that the radiation emitted by the lamps or lights is safe.

Although the FDA doesn't regulate the day-to-day operations of tanning salons, the agency has a say in how the equipment is made and used. Operators are required to provide protective goggles, a timer calibrated to measure allowable exposure, and a label advising prospective customers taking medicine to consult their doctor before exposure to ultraviolet rays. Labels warning of eye damage, premature aging of the skin, and skin cancer, must be placed on the tanning beds. The manufacturer must also provide a recommended exposure schedule.

"There are dangers with anything you do," says Jason Green, manager of Bloom Nautilus and Fitness Center. "What you believe about tanning depends on which article you read. People who tan indoors are usually aware of the dangers."

If people don't follow directions they can get hurt. "You can make anything dangerous if you go in it the wrong way," says Shultz.

"The worst thing about the industry is the misuse of facilities by owners," says Zeisloft. "Ultraviolet radiation is dangerous and harmful if misused." Currently, only Ohio, Michigan, California, and North Carolina regulate tanning-bed usage, according to Zeisloft.

The problem with tanning is there are so many myths that people aren't sure what to believe. They end up following advice that could prove harmful.

"I went to a tanning spa because I wanted to get a head start on my tan before spring break," says Amy Grieme, 21, Bloomsburg.

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"I usually tan indoors for a base tan," says Tara Gosling, age 21, Bloomsburg. "I don't want to get burned. I'll start tanning in March for a base tan so I don't get burned when summer comes."

"The danger is when you tan year-round," she says. Occasional tanning and the use of moisturizers to prevent the dry skin caused by tanning doesn't effect people very much, according to Gosling.

Grieme and Gosling are among thousands who believe they can get a base tan, and a recent study indicates they may be partially right. Markus says, "A UVA-induced tan can give some protection against an acute UVA burn reaction, but it also has aging effects. Even if you don't burn you are damaging your skin."

The same is true for using tanning beds after the sun to prolong a tan. According to Markus, attempting to prolong a suntan by going to a salon just increases the damage to one's skin. "Radiation causes tan whether you get it from sun or a tanning bed," says Markus.

"The longer you prolong the tan you continue to damage skin."

"Many people claim that the first time they tan they burn," says Zeisloft. "People are not supposed to burn; that's what the indoor industry is about. If they

not necessarily true, however. "In a tanning bed, light is concentrated more directly on the skin," says Markus. The belief that the tanning industry promotes a safe way to tan isn't true.

Although aware of the dangers involved in tanning beds, many continue the process of excessive tanning. "Tanning is associated with a healthy image and affluency," says Markus. "In the past, generations preferred skin untanned. However, models and athletic superstars in recent years are tan, but things are starting to change again."

People who choose to visit a tanning salon or spa should be aware of safety standards. These places should have some sort of customer profile cards or questionnaires, according to Zeisloft. These cards should ask important information about how you tan.

People should make sure the beds are clean, according to Shultz. The place should have customer charts, and should be reliable. "Make sure it's been there for a while," says Shultz.

Each place contains different kinds

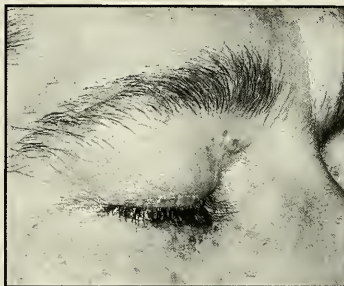


Photo courtesy of Geisinger Medical Center

Basal Cell Carcinoma

start with initial segments they won't."

Some think the risk of cancer is smaller when tanning indoors because the time spent in a tanning bed is usually shorter than time spent in sun. This is

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of beds. "Some beds don't have face tanners," says Green. These tanners give reduced light over the facial area. "The face is the most sensitive area. With the special bulbs, the face will tan slower than the rest of the body. It will not burn," he says.

Tanning bed users who, despite the risks, still prefer a year-round tan, should make sure the tanning salon complies with the FDA regulations and ask questions. The sessions should be timed properly, and safety goggles as well as information about the safety of medications people may be taking should be provided.

If people must tan, they should try to achieve the "safest" tan they can get. **S**

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All in the Family

Keeping togetherness in mind, the Bloom family 'covers' Columbia County

by Jim Roberts

It's a hot summer day. You've been doing muscle-busting, mind-bending work in small rooms laying carpeting and tile with your father and brothers. Mom took care of most of the pre-work details.

After a few hours, many of us would cry "uncle" from all this family togetherness. Amazingly, the Bloom family, owners of Bloom Brothers Floor Coverings, Bloomsburg, have been able to make all the pieces fit while building their family-owned and operated business. Frank Bloom; his wife, Katherine; and three sons, Frank III, 20; Scott, 19; and Brian, 18; have a true sense of unity combined with craftsman-like skill. "I would never do it any other way besides family," says Frank, "I'm busy enough to open another store but it has to be run by Blooms."

Family owned since 1961, the business is a landmark in the area. "Some people say the town was named after us but I've been too busy to find out for sure," says Frank. He joined his father and uncle, the original Bloom Brothers, in 1974 doing what he calls, "third-shift work. Anything and everything." His uncle attended factory school to learn the tricks of the trade and he passed

them on to Frank. Since 1974, Frank has added to the reputation for quality service built by his father and uncle. "I've had almost fifty talented guys ask me for work but I had to turn them down," says Frank, "It's a family skill and if I hired outside the family I'd be giving it away."

Crediting his success to the family's team work ethic, Frank says, "The family

**"I'm busy
enough to open
another store, but
it has to be run
by Blooms."**

handles the entire job, from ordering the floor covering to the installation." The tasks they can't do themselves, plumbing and some carpentry, are done by an "extended family" of trusted craftsmen who have worked with the Blooms for years. "Other firms hire some real quality workers, but they get paid by the yard. We concentrate on the whole job," says Frank. Bloom Brothers will remove your furniture for a slight fee in addition to installing your new floor. This is part

of the "whole job" concept. "You can leave in the morning and return home at night to find your house just the way you left it—except for the new carpet of course," says Frank.

Bloom Brothers is one of the busiest shops in town. Frank and his sons, Frank III and Scott, handle all of the flooring jobs. Brian, the youngest son, will be joining the crew full-time after he graduates from Vo-Tech school this summer.

"We'll soon have two crews for quicker service. If it goes on the floor we can handle it. No job is too big," says Frank. The family credits Katherine with keeping the office running, handling the finances, and writing the checks. But, she says, "If I had to lay a floor I'd be in big trouble."

Each family member functions as a part of the whole. The Blooms recently completed a large office complex in Harrisburg. Working as a team, they installed thirteen rolls of carpet and over fifty cartons of tile.

This type of in-house family operation has been tried by others in the area. According to Frank, other family businesses fail because a lack of unity splits the business. His sons seem eager to stay in the business and be the best around. In fact, Frank III sees a lack of

young craftsmen in his line of work. "You don't see many of the younger guys that can do what we do," he says. Frank III enjoys working with tile flooring the most because of the "challenge."

Frank III must have had his full with tile work after the Blooms completed a project for the Kawneer Corporation. The family was contracted to do the plant's cafeteria using three different color tiles, in three different sizes. No two colors were supposed to touch. This geometric nightmare was just another challenge to the Blooms. The job was complete in eight days and no two colors touched.

"Tile is the most workable of the flooring materials. You can do anything with it," says Frank III. The Blooms have created intricate tile designs in local homes as well. They constructed a six-pointed star, cut entirely from tile, for a family in Espy. "We try to do whatever the customer asks," says Frank.

Frank likes to work with vinyl and



Photo by David Scott

Frank Bloom perfects his trade while he installs vinyl and linoleum flooring.

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linoleum flooring. "I strive for perfection when installing vinyl," says Frank. He says the ultimate goal is to get the floor absolutely flat. It's no easy task in some of the older and rougher kitchens.

Frank says people put layer over layer of vinyl on their kitchen floor making installation even more difficult. Some of these older surfaces may contain dangerous asbestos. As part of the trade, the Blooms keep aware of these safety considerations as well as advancements in the craft.

The newer floors resist scuffing and require no waxing. Often, installing floors in newer kitchens can be taxing as well. "We suggest that the customer put his new floor down before building islands or booths. These obstacles make laying vinyl much tougher," says Frank.

The Blooms have seen a new generation of carpeting evolve and cover Columbia county's living rooms. "I've seen different types of carpets come and go," says Frank, "those spills just aren't

the same." New nylon fibers and stain resistant treatments result in some of the most durable carpeting ever. The Blooms have installed many rolls of carpeting but all that stretching, tucking, and seeming still comes tough.

Carpet weavings like

"berber," which resembles a carpet made of rope, resist stretching and seeming. When it comes to padding, Frank says, "It doesn't have much of an effect on the wear and tear but it's great if you want comfort."

To do a home over in all new carpet, prices can range from \$2,000 to \$7,000. "That range in price is just a rough estimate," says Frank, "because there are lots of variables including the quality of the carpet and the size of the home." Other flooring options like hardwoods are making a comeback in popularity. The Blooms display the wide variety of floor coverings at their Main Street store.

All-in-the-family operations, with the knowledge and skill of the Blooms, are few and far between in this "age of the individual." Our society has emphasized individual success within the corporate structure. Traditions are falling by the wayside, so the Blooms serve as an example that it can still be done and their confidence is refreshing. "The place we're working on can be a shambles, but if it has a floor, our family can fix it up," Frank says. **S**

"It's a family skill. If I hired outside the family, I'd be giving it away."

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Pedaling in the East Lane

A large group of cyclists, wearing various colored jerseys (red, blue, yellow, white) and helmets, are racing on a paved road that curves to the right. The cyclists are in various positions, some leading and others following. The background shows green trees and a white fence. The road has yellow double lines and a white edge line.

Racers pass Hollow Road
in the Columbia County 50.

For local cyclists, the road to success begins in Bloomsburg

For Russell Lewis, biking means keeping in shape and having fun. For Russell Dryer and Phil Cable, biking means competition and a way of life. These athletes race for the Dutch Wheelman Bicycle Shops, Bloomsburg and Berwick.

Lewis, owner of Russell's, a popular downtown Bloomsburg restaurant, has been biking for over fifteen years. In college, he frequently entered competitions. Although he now enters some local races, this businessman doesn't have the time to be as competitive as Dryer. "I just bike and race to stay in shape," he says.

On the other hand, Dryer, 18, Millville, and Cable, 21, Bloomsburg, spent two months racing in Belgium this past summer. "I gave up attending nationals to go to Belgium so that I would get the competitive experience I need," says Dryer. "We spent those two

months concentrating on racing instead of worrying about summer jobs."

Biking used to be viewed as a European sport, but after the victory of Greg LeMond of Minnesota in the Tour de France last July, the world began to realize that

only the fourth cyclist to win both the world championship and the Tour de France in the same year.

According to Frans Verstraeten, owner of the Dutch Wheelman Bicycle Shops, racing in Europe is more competitive than in the

United States. In a country as small as Belgium, there are usually about 100 races throughout the country on any given weekend. Dryer estimates that during the two months abroad, he and Cable averaged about three races a week, each about sixty miles in length.

Racing in Belgium is much harder," says Dryer, "but the system in Belgium is more organized than in the United States." In the United States races are almost always

on weekends, but in Europe races are scheduled all week. Entry fees for each race in Europe are about \$2.50; in the United States the cost is usually \$20. Biking in Europe is also much more popu-



Russell Lewis

biking was no longer European dominated. Just two months later, LeMond won, for the second time, the professional road race at the world championships in Chambéry, France. He is

By Megan Hoff

Photos by Marlin Wagner



Photo by David Scott

Members of the Dutch Wheelman Bicycling Team include (left to right): front row, Joe Sees, Jr.; Joe Sees, III; second row, Ken Cross, Tim Winn, Frans Verstraeten, Lance Hemmen, Mike Hartzell, Dick Pileski.

lar than in the United States. According to Dryer, just about everyone in most European countries owns at least one bike.

Dryer began biking four years ago, when he began riding with a friend who was already racing. "I had been riding a lot just for transportation purposes, but

then I really started to enjoy riding," he says. Within two years he started placing. Dryer seems pleased with his success. "I've done really well," he says. "I developed a lot faster than I ever anticipated."

"I absolutely love the competition," he says. "The last 500 meters of a race are the best. That's when everyone begins to sprint. The excitement at the

finish is incredible!"

There are two main types of races. In a criterium race, town roads are shut down to form a one-mile circle, and the bikers race 40 or 50 times around the route. A simple road race, however, starts at one point and ends at another; they are also usually 40 or 50 miles long.

Dryer, an amateur racer, is licensed by the United States Cycling Founda-

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Sanctioned County to host 75 mile race

Bicycle racers from across the country are expected to attend the first Covered Bridge Fall Classic Bicycle Race, October 7. The race, sponsored by the Columbia-Montour Tourist Promotion Agency (TPA), will begin in Berwick and end at Knoebels Grove.

"Because the race is sanctioned by the United States Cycling Federation (USCF), it has been announced in various cycling publications and we expect there to be many professionals as well as amateurs in attendance," says Marguerite Foster of the TPA.

The route will pass through or go by seventeen covered bridges in the two counties.

The race will be seventy-five miles and will feature many sprint points located along the route. The first rider to reach one of these check points will win \$50. These points will be sponsored by local businesses.

According to Frans Verstraeten, owner of the Dutch Wheelman Bicycle Shops, there will also be \$2,000 in prize money to be split between the top fifteen placers.

For racers who are not licensed by the USCF, there will also be a ten-mile Fun Ride open to everyone. This race will start and finish at Knoebels Grove.

tion (USCF), but is allowed to compete for money. Racers pay a fee each year, receive a license, and are allowed to race in USCF sponsored races. The USCF is in charge of all the racing in the United States.

There are four categories of racers, with category 1 being for the country's world-class and Olympic caliber competitors. Dryer is pushing hard to enter this category. "Right now racing is all I want to do with my life and I am hoping to some day enter international competitions," he says.

In February, three members of the Dutch Wheelman team—Cable, John McGurk, 24, and Bill Irving, 26, spent three weeks at the Colorado Springs Training Center. The camp is a general preparation camp for this year's season, which began in March.

Each of the three averaged about 400 miles of racing a week. The camp emphasized cross-training and included swimming, hiking, stretching, soccer, weight lifting, and mountain biking. The three then spent a month training in California to get a head start on the season. "If a rider can excel at a camp like this, they can get exposure. Then, they may be invited to an international event," Verstraeten says.

Nationals will be held in Albany, N.Y., and Trexlertown, Pa., this July. The Nations determine who will make the United States national team for the Olympics.

Dryer and Cable are also the first racers in the area to qualify for national races. Last year, Cable qualified in the time trial and Dryer qualified in both the time trial and road race.

"This is not an easy sport," emphasizes Dryer. "After a long and hilly race, your back aches so much that you can

barely get off your bike. Biking is also very competitive. To be a good racer, a person has to have a lot of dedication and be willing to give up a lot of time to train," he says. He spends most of February, March, and April conditioning for the races ahead. He also has a set

of rollers to ride on when the weather is cold, although he prefers to train outside whenever possible.

Lewis, although he says he isn't a racer, also trains long and hard. By the end of March, he rides between 20 and 50 miles a day,

six days a week. Lewis says that although these 20 to 50 miles sound like a lot, serious racers bike an average 50 to 75 miles a day.

Lewis became interested in biking when he was in college. "Riding was



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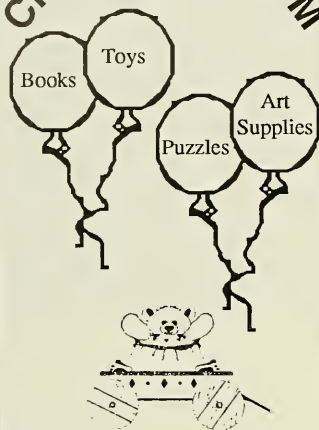


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cheap and since I lived ten miles from school, I used it for transportation," he says. "I have never considered myself a racer, I just enjoy riding my bike."

Competitive racing is expensive. Lewis has several bikes, including three Bianchis, a popular Italian brand. The cheapest one he owns is worth about \$1,400; the most expensive is about \$3,000. "I like to spend my extra money on my bikes simply because of the enjoyment I get out of it," says Lewis. "I also really enjoy trying out all the different types of bikes on the market."

Dryer has also invested a sizable amount in his bikes. His most recent purchase, a Basso, cost about \$1,500.

According to Dryer, the biggest difference between the high-performance and average 10-speed bikes is the frames. "The frames of these bikes are totally handmade," he says. "Hand-made frames are the best in the world and the

tubing of the frames are also of a much better quality than machine-made bikes. Every part of the bike is given special treatment to make sure that it is top quality."

Additional expenses include shoes, tires, and pedals. According to Lewis, a serious racer might spend \$400 on tires alone. For recreational purposes, however, these expenses are not necessary. "A non-competitive racer

"The excitement is incredible."

will be perfectly equipped with a regular ten speed for a long time," says Lewis.

Lewis claims that biking is probably one of the toughest endurance sports because it involves sprinting and climbing hills in the same race. "Cardiovascular-wise, it is probably one of the best exercises to do," he adds.

Biking provides good cardiovascular conditioning because it uses the large muscle groups of the arms and legs, and increases oxygen consumption and heart rate. According to Joseph Hazzard, athletic trainer for Bloomsburg University, "Bicycling provides important aerobic and anaerobic conditioning." When a person pedals to make it up a hill they are working anaerobically. This means they are producing energy in short spurts. But during controlled pedaling, a person is working aerobically. This is when energy is produced steadily and it helps increase endurance.

Cycling also helps tone the body. The pumping motion of the legs sleekens muscles. If a person rides for an hour at 12 mph, the biker can burn off about 400-500 calories. Biking also causes fewer injuries and less strain to the muscles and joints than jogging. "Obviously a biker doesn't pound his feet on the road like a jogger and therefore there is less force on the joints," Hazzard says.

Not everyone has the dedication nor the desire to be a Greg LeMond. But this rapidly growing sport can provide health, recreation and fitness for all groups. **S**

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October 19, 1870: Frozen in Time

by Jodi Hennion

As the stars fade and the sun rises, it's the beginning of another day in Penn's Valley. The train stops at the station leaving workers off in the downtown. From the blacksmith shop come the sounds of hammers hitting molten steel. A powerful mule leads the boat from the dock. A water wheel starts the saw mill for the day's work, and atop the hill school bells ring while children romp around the school yard. The date is October 19, 1870 in the miniaturized village located in the Heritage House Family Restaurant, near Orangeville on Route 487.

The mechanical village is an exact half-inch scale of a mock village located somewhere in the northeastern United States just following the Civil War. The model, which depicts a typical day in the lives of a 19th century town, runs on a timer that makes each hour in a day equal to one minute, the 18 minute show represents an 18 hour day.

The day begins at 6 a.m., with the town awakening to the sunrise over Penn's Valley. Tradesmen and town folk set about their day arriving at work and going to school until the lunch hour, at which time the town refrains from the busy trades that filled their mornings and then resumes once again in the afternoon. After the workday is completed and the moon rises over Penn's Valley, lights go on inside the homes, barn doors open to make known a spirited barn dance, and the congregation proceeds to the church, located next to the school, for ceremonies. At midnight, the town retires to perform the show once again the next day.



Photo by David Scott

Ed Campbell oversees the mechanical village that took ten years to plan and nine months to build.

The project began ten years ago when Ed Campbell, Bloomsburg, envisioned a miniaturized village. "I never had a train set as a child and I wanted something different that would also be a challenge, that is why I decided to do it."

**"I never had a
train set as a child
and I wanted
something
different that
would also be a
challenge."**

"When we began, it seemed as if the project would never be completed. It was in the planning stage for ten years, and took only nine months to build. We learned a lot from what we did," Campbell says.

Campbell, owner of the Heritage House Restaurant is also a carpenter by trade. He built the many buildings—including the school, church, businesses, cabins, and homes—with the help of John Zettle who, Campbell says, is the inspiration behind everything. Campbell explains that Zettle had the knowledge

and time to help package it, and without him, it would never have been reality.

Zettle has also been a whittler for much of his life. He whittled the 150 figurines that live in the town, including people, dogs, cats, horses, and mules. The village is handmade of all natural materials including wood shingles, tin and slate roofs, stone buildings, leather harnesses and real handmade clothing.

"The most difficult scene in the village," says Campbell, "was the playground. We put it on a revolving board so that at night, when the congregation went to church, the board would do a 180 degree turn and the playground would move under the village. Because there were so many moving parts, it was difficult to get it to work properly."

Professional sign painters painted the many signs located over businesses, and an electrician was also hired to help with all the wiring to make the town come to life. The moving parts are generated by a computer that has been programmed to run the village through its 18-minute day. The village parts can also be moved by pushing buttons which cause each scene to move independently of another. The village was originally designed to be mobile and has been on the road five times, but it was most successful here in Columbia County. It can now be seen on permanent display at the Heritage House Restaurant. **S**

AMERICA'S GREATEST CROP ★ OF ★ COUCH POTATOES

by Gina Vicario

High-tech radios. Remote control television. Music Television. Nintendo video games. Electronic gadgets. Games on the home computer. Video cassette recorders.

Bombarded with more technological advancements than past generations could even begin to imagine, we are now in the era of the couch potatoe.

According to Craig Hort, chairman of the health and physical education department at Danville Senior High School, today's youth are not as physically fit as they should be.

"European children in the same age groups as ours have been ahead of our children in physical fitness for the past twenty years," says Hort. "Children are watching too much television, playing too many video games, and not getting enough exercise," he says.

Jean Cleaver, girls' physical education instructor at Central Columbia High School, also believes that the physical fitness of today's youth needs improvement.

"America's youth are finding it more difficult to do things such as hitting a tennis ball, connecting a bat with a softball,

Today's youth are watching too much TV and playing too much Nintendo.



Photo by David Scott

Joshua Ziesloft, Bloomsburg, enjoys his favorite pastime—watching television.

and even simply bouncing a ball," says Cleaver. "They have a definite problem with hand-eye coordination."

The Bogalusa Heart Study at Louisiana State University Medical Center indicates that a quarter of our youth are overweight. Twenty-five percent of boys and fifty-five percent of girls cannot do one pull-up; thirty percent of boys and fifty percent of girls cannot run a mile in less than ten minutes. The diet and lifestyle of the average American is much to blame, according to the report.

"We seem to be in the middle of a physical fitness crisis," says Michael Johnston, manager of Bloom Nautilus. "People with poor health habits miss more sick days and tire more

"Students have become slaves to vehicles."

easily at work. Their mental productivity is affected, and they can't possibly compete with those in other countries who are simply in better shape," says Johnston. "When it comes to the protection of our country, I think that it is important that soldiers be physically fit. We would need military manpower if a confrontation were to occur. This is why it is important to start promoting physical fitness in our youth," he says.

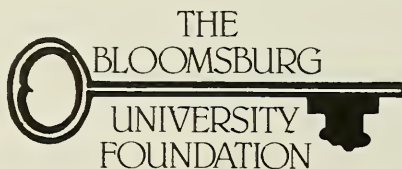
According to Lt. Col. John O'Connor, director of training at the United States Army Physical Fitness School, "Essentially, most recruits are from urban backgrounds and tend to be less active in their formative years. When they enter the service, their physical condition tends not to be as high as those of previous decades," he says. "Therefore, it takes more time and effort to train them."

Lt. Col. O'Connor adds, "Military Services has recommended to the President's Council on Physical Fitness that a national position be taken that requires students to participate in physical education classes every year in elementary and secondary school."

According to Cleaver, the major problem doesn't lie with the school system. "Working parents aren't making the extra effort to get involved in activities outside the home," she says. "Children see their parents sitting on the couch watching television, and this is the role model they follow."

The school system offers a unique opportunity to provide the time and facilities necessary for children to exercise. Physical activity can be placed in a healthy context in conjunction with a program of comprehensive health education. Unfortunately, not all school systems have either comprehensive health education or a measurable physical education program designed to provide motivation, knowledge, and skills needed for a physically active lifestyle.

Once, every high school student attended a physical education class every day. Now, the average in this area is two times a week for about 45 minutes per session. Students at



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Central Columbia Elementary School only attend physical education classes once a week.

"It would be helpful if we could hold physical education classes twice a week," says Margo Aurand of Central Columbia, "but once a week is all we can fit into our schedule."

One way in which schools can promote the importance of physical fitness is through the implementation of the Presidential Sports Award program. Persons fifteen years of age or older can qualify for the awards in forty-five different sports and fitness activities.

The President's Council, begun in 1956 by President Eisenhower as part of a national program to help shape up America's younger generation, rewards fitness efforts in hopes that people will get hooked on the feeling of fitness. However, some schools are no longer including the President's Fitness Test in their physical education classes.

"Central Columbia has pretty much done away with the President's Fitness Test in girls' classes," says Cleaver. "We spend our time concentrating on lifetime sports such as tennis, golf, and archery. The fitness tests just don't seem to prove useful for the girls. However, we do conduct the tests in boys' classes because some colleges and military like to have records of physical fitness to refer to."

According to Hort, Danville Senior High School has also done away with the President's Fitness Test. Robert Lombardo, assistant principal and athletic director of Bloomsburg High School, says, "We do not give the President's Fitness Test because we have another test that we've been doing that seems to be sufficient."

Although area schools seem to be drifting away from the President's Fitness Test, they do seem to stress the importance of physical fitness in other ways.

Schools are offering summer swimming programs, opening weight training facilities to any student interested in working out,

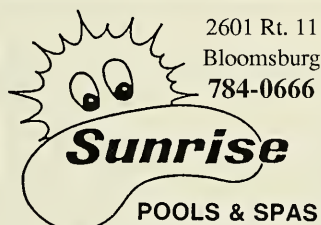
and coordinating athletic programs that offer a wide variety of sports. However, students don't seem to be trying out for sports as much as they used to.

"I think a major part of the problem is that students have become slaves to vehicles," says Cleaver. "Students are so hung up about having a car that they drop out of sports so they can work to maintain their vehicles."

Aurand agrees that students are becoming more apathetic as they get older. "They worry too much about their appearance," she says. "The girls don't want to break their nails."

Another reason for apathy is the students' increasing attitude toward organized activities. "Students don't like

"We seem to be in the middle of a physical fitness crisis."



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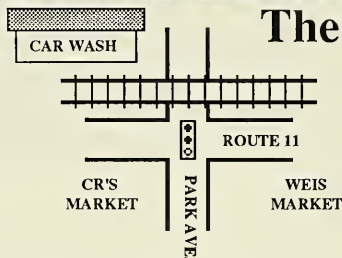
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planned activities with rules," says Cleaver. "They just want to play when they want to play. I'm seeing this in them more and more."

Although students do not seem to be taking advantage of all that schools are offering to promote physical fitness, faculty of area schools say they are doing all that they can do.

"The rest is up to the parents," says Lombardo. "The whole family needs to be involved in fitness." Hort agrees that the schools are providing fitness opportunities and students aren't being encouraged to take advantage of them. "It is important that physical education programs stay intact, and that extra periods be added if necessary in order to prevent physical education time from being cut out," says Hort. "Parents need to set the example."

"Working parents are no longer doing things with their families outside of the home," says Cleaver. "Perhaps they are not encouraging their children to get involved in things such as athletic teams because they will have to be the ones to do the transporting. They have to realize that this is something that is serious enough to demand a little bit of their time and attention," she says. "It is hard for a student to stay involved with a team when there is no one out in the stands rooting them on."

Some teens won't get involved in sports because they feel self-conscious or inexperienced. However, this shouldn't stop their chances at physical fitness. We can let teenagers know that athletic teams are not the only way to exercise.

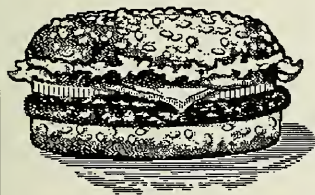
Parents can begin by setting the example and exercising themselves. They can attempt to relay the message that physical activity is fun—not a chore. Parents can take their children skating, bowling, to ballet lessons, aerobics class, and even hiking on the weekends.

Jeanine Barone, sports medicine and nutrition editor of the "Berkeley Wellness Letter," recommends an early start to physical fitness. She encourages parents to provide children with "active" toys—skates, tricycles, balls—and the opportunity to run, climb and jump, instead of sitting them in front of a television screen or a video game. Parents are also encouraged to participate in relay races, touch football games, and even dancing.

It is clear that America's youth are already well on their way to becoming permanently attached to their couches and car seats. An early start on a healthy lifestyle can make it easier to maintain physical fitness. But according to area physical education teachers, it's never too late to shape up! **S**

"Parents have to set the example."

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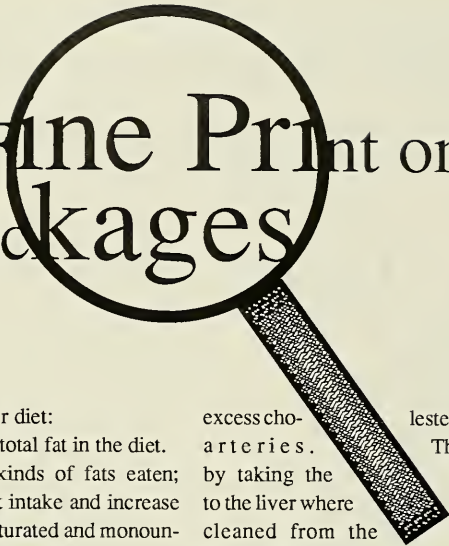
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Examining the Fine Print on Health Food Packages



by Marla Engelman

WARNING! The foods you buy with "low-cholesterol" on the package may not be as healthy as you think. These foods may be low in cholesterol, but they may also be high in sodium, sugar, and fat. These products fool the customers into believing they are buying a healthy product, according to Carolyn Dalton, registered dietitian and assistant professor of nursing at Bloomsburg University.

"It is a selling gimmick," says Dalton. "Some companies place 'low cholesterol' on their products even if they don't have any cholesterol in the first place." The companies are trying to make money from the public's worry of cholesterol. Dalton recommends reading the label on the food products along with looking at the price. Items like potato chips often claim to be cholesterol free, but are high in fat and worthless in nutritional value.

According to Dalton, people should avoid fatty foods, oil, butter, margarine, and pasteries. Dalton suggests that Americans eat leaner meats, poultry, fish, and legumes (kidney, pinto and garbanzo beans, carrots, lentils) to cut down on fat content in the diet. "And, of course, exercise," she adds. As for cholesterol, Dalton suggests four steps

to control it in your diet:

- Cut down on total fat in the diet.
- Change the kinds of fats eaten; lower saturated fat intake and increase intake of polyunsaturated and monounsaturated fats.
- Limit consumption of high cholesterol foods.
- Add more complex carbohydrates to the diet (fiber, legumes).

The "bad" cholesterol is LDL, low density lipoprotein, which is the heavy

"Having a good diet means more than substituting one food for another."

cholesterol that can contribute to hardening of the arteries, as stated in *Applied Nutrition and Diet Therapy* by Burtis, Davis, Martin. "But you can't stay away from it because it is made in the body, so try to stay away from cholesterol products," says Dr. Leonard A. Winski, Millville. The "good" group of lipoproteins are the HDL, high density lipoproteins, which contain moderate amounts of cholesterol and seem to clear

excess cholesterol from the arteries. This is done by taking the cholesterol to the liver where it can be cleaned from the body in the form of bile, which is lost in waste.

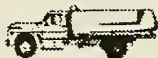
People tend to label a food as "good" or "bad" regardless of cholesterol content. "This is one common misconception people have about the foods they eat," says Dalton. "Whether a food is good or bad depends on how much of that specific food one eats and what kinds of other foods are in the diet."

For instance, someone whose diet consists mainly of fatty, sugary foods, and little amounts of vegetables, fruit, milk, or grain products, probably won't be healthy. But a person with a well-balanced diet could get away with an occasional cookie or ice cream cone, but not in excess. "Having a good diet means more than substituting one food for another," says Dalton. No one food supplies all the essential nutrients in the amounts one needs. A healthy diet consists of a variety of foods.

According to Dalton, one shouldn't rely solely on oat bran to deliver a healthy diet. "It limits variety," says Dalton. It is important to eat an assortment of plant foods to benefit from the effects of different kinds of fiber, because different types of fiber function differently in the

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body. Some types of fiber have a laxative effect (insoluble), and can be helpful in treating constipation. There are several different types of dietary fiber available, all of which have slightly different influences on reducing blood cholesterol.

"Oat bran is good for you," says Winski. "But too much intake of oat bran can be a stool softener, binding calcium and a diminish in calcium could lead to osteoporosis." Instead of getting oat bran from expensive cereals that can have extra amounts of sugar or sodium, why not buy a bag of oat bran itself. It can be sprinkled on other cereals, pancakes, fruit, or whatever you eat.

When increasing fiber in the diet, it should be a gradual increase (over six to eight weeks) to allow the body time to adjust. The National Cancer Institute recommends a minimum daily consumption of 20 grams of mixed dietary fiber, and a maximum of 35 grams. Mixed

fiber means some soluble fiber (barley, legumes, oat bran, fruit) combined with insoluble fiber (wheat bran, cereals, vegetables).

Before you spend a fortune on oat bran products and low-cholesterol foods, have your blood cholesterol level checked by a physician.

According to the National Institutes of Health, a blood cholesterol level under 200 is desirable, but should be rechecked regularly. A level of 200 to 239 is borderline; one should check with a doctor about a low-fat diet. If your level is 240 or over it is too high, and the Institute recommends you talk with your doctor about further testing and treatment. Dalton believes everyone should have this done to find out if special dietary steps should be taken. The sooner it is done, the better.

Having children tested for blood cholesterol level is a controversial issue. "If the child has a parent with a high cholesterol level, they should definitely get their level checked," she says.

One tip from Dalton to remember, a healthy diet consists of more than

adding a certain food or replacing it with another. "It is a whole process." **S**



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THE GOLDEN YEARS

For Carolyn Derr, the medals came with the maturity

by Mike Mullen

Swimming is a great way to keep in shape, especially for those people who can't handle the constant pounding of other pastimes, like jogging or aerobics. One local woman has taken this fitness activity and turned it into her own personal gold mine.

Carolyn Derr, Bloomsburg, has become a dominant force not only at the state level, but also on the national level of competition.

Five golds at last year's state games and three silvers at the United States Masters Swimming

competition have made her a world class swimmer allowing her to compete in the world games in Australia last summer. She is also 62 years old.

"It's funny, I started all of this just for fitness, to stay in shape," she says, "Then one thing led to another and it sort of snowballed."

At last year's Pennsylvania Senior Games, held at Shippensburg University, she won golds in the 50- and 100-meter freestyle, the 50-meter backstroke, the 50-meter butterfly and the 100-meter individual medley. This was an improvement over her four gold, one silver performance the year before.

The senior games are held every year for athletes who are 55 and over.

They compete in any of fifteen sports and only against people in their age group.

"The people who swim in Masters are very competitive and very good," she says, noting that most have been competing since they were young.

The USMS has a membership of about

"I know a man who didn't start swimming until his early 80s and did it because he was arthritic. Now he has multiple national records."

thirty thousand who range from former Olympians to those who have never swam competitively.

The youngest age group is 19 to 24 years old while the oldest is 90 and over, but there is a story about that. "It used to be 80 and over," Derr said laughing, "But some of the athletes who were in the high 80s didn't think it was fair competing against 80-year-olds. I can't blame them, I have one friend who is 86 and still swimming."

Derr is ranked sixth nationally in the 100 butterfly. She is also ranked seventh in both the 100 and 400 freestyle and eighth in the 200 freestyle.

Katherine Pride, Danville, a USMS member for three years, credits Derr with introducing her to Masters swim-

ming and describes her as friendly and outgoing. "She does a remarkable job of balancing her swimming with her family and work commitments," she says.

Pride, who swam for Brown University for two years before taking seven years off to raise a family, coaches the West Branch YMCA swim team with her husband and praises Derr for the job she does.

"She sets a good example for younger swimmers in terms of the goals they can work for in the future," she says. "Swimming is a sport for all ages. Our kids who are 5 and 7 swim in our program and I know a man who didn't start swimming until his early 80s and did it because he was arthritic. Now he has multiple national records."

Pride, a senior nursing student at Bloomsburg University, believes Derr is an inspiration for older people as well. "She gives an alternative for women whose families have grown and are looking for physical activity to keep busy and in shape," she says.

Derr certainly keeps busy. "They do a lot of traveling around her swimming, mostly combining it with a vacation," Pride says of the Derrs, who have gone as far as Brisbane, Australia, to compete in the World Masters.

That's a long way from Morristown, N.J., where Derr was born in 1928. She graduated from Bucknell University in 1949 with a B.A. in mathematics and economics. It was at Bucknell where she met her husband Dale. After college, she worked for John Hancock Insurance in Boston while her husband was in Harvard Law school. In 1956, they moved to Bloomsburg so he could open his own practice.

The Derrs have three successful children. Their oldest, Kathy, 33, is also an attorney and has two children ages 3 and 7 months. Their other daughter, Holly, 31, is a catering manager for Hilton. Their only son, Doug, 29, is an architect.

Despite her high level of success in swimming, her husband hates the competition. "He travels with me, but never goes near the pool," she says. "He just goes sightseeing."

"It all started when our kids were younger," she explains. "They swam too, so I would take them to competitions at least one weekend a month, and

I had a competition at least one weekend a month, so I was spending a lot of time away from him."

She says that she has toned things down within the last five years. "I usually only go to one-day events now," she says.

Derr can do that because swimming isn't her only hobby. She enjoys the theater and has appeared in numerous Bloomsburg summer productions. She was treasurer for the Hospital Auxiliary for six years and has sung in the United Methodist church choir for the last thirty-four years.

With the exception of her husband, swimming appears to be a real family



Carolyn Derr

Photo by David Scott

affair and she even credits her brother with talking her into competing. "I had a niece who swam on the 1972 Olympic team with Mark Spitz, but I only swam recreationally until my brother convinced me to try it out. That was fifteen years ago."

And who knows? She will probably swim for fifteen more. **S**

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Their patients call them

Doc

But they have more problems than Marcus Welby ever knew existed

by April Moore

When family doctors sit down to pay the bills, they have to consider more than the heat, water, and electric prices in their expenses. To avoid being pushed out of the business they love, they must also fit malpractice insurance in their budget. According to Anita King of the American Medical Association, this amount can reach up to \$9,400 per year.

According to King, there were 69,339 general and family practitioners in the United States and 3,501 in the state of Pennsylvania, as of 1988. Each one of these doctors faces the possibility of a costly malpractice suit. In 1988, for every 100 general/family practices in the U.S., there were 6.2 claims of malpractice.

Tracy Lee, physicians' assistant in Benton, takes a positive attitude toward the threat of malpractice suits.

"Yes, it's frustrating, but not enough to make me leave the profession," she says. "It's always in the back of your mind, but you can be sued for anything." John Runyan, D.O., Bloomsburg, says, "The more you want to do, the more you pay. One thing many doctors do to handle the malpractice problem is to drop their obstetrics practice. Because Columbia County is more rural, though, the malpractice rates are lower."

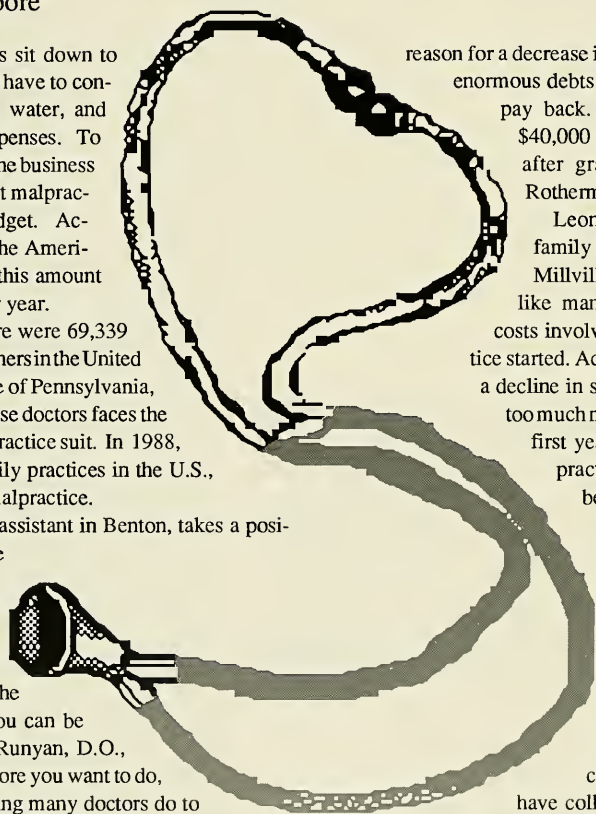
These malpractice expenses are threatening enough, but to a young medical student wanting to specialize in family medicine, there are other factors to consider. "Part of the

reason for a decrease in family doctors today is the enormous debts that medical students must pay back. Seeing anywhere between \$40,000 and \$100,000 worth of debts after graduating is scary," Robert Rothermel, D.O., Benton, explains.

Leonard Winski, M.D., is a retired family physician who practiced in Millville for twenty-nine years. He, like many others, realizes the high costs involved in getting a family practice started. According to Winski, "There is a decline in solo practice because it costs too much money to set up. And from the first year on, you have to pay malpractice insurance, and that has to be paid a year ahead of time."

Living in a small rural community like Columbia County can present another problem, especially when it comes to collecting payment from patients. "People don't think they have to pay to be seen," says Lee. "Some people don't care if they have bills. We have collection agencies to help, but this doesn't always solve the problem."

According to the American Medical Association, there were 69,339 practicing family physicians in the U.S. in 1988. But Sharon Ryan, of the Medical Society, says that the percentages of family physicians are low. "In 1988, only 12 percent of all active M.D.s and 9 percent of the residents were



specializing in family practice. A large percentage of the active M.D.s are 65 and over," says Ryan.

Donald Remaley, M.D., feels there is a reason for the decline. "There is a lack of emphasis on family practice in medical school. Students don't get enough exposure to be drawn into the field."

Rothermel says, "The government is closing rural hospitals and decreasing Medicare reimbursement, and rural hospitals depend a lot on Medicare to help them. We'd like family doctors to come to this area. We'll have to recruit,"

says David Revak, D.O.,

Bloomsburg.

Recruiting may be necessary. Family doctors are paid much less compared to other medical specialists. The average annual income of a family doctor in the U.S. in 1987, according to Beth Greenburg of the P.A. Medical Society, was \$91,500 after expenses and before taxes. The averages are even lower for rural areas.

Comparing these incomes to a general surgeon's annual income of \$182,000 or a radiologist's and obstetric gynecologist's income of \$180,000, this is a big difference.

Despite these problems, there are many people in Columbia and Montour counties who have decided to make medicine their life's work.

Winski says he wanted to be a family doctor from the time he was eleven years old. "I am from Nanticoke, Pennsylvania, and while I was growing up I was always impressed by our local physician, who was a country doctor at the time." One of the reasons he chose to practice in an area like Millville was because it's a small town. "I like the close community life, and the atmosphere is conducive to working with entire family groups," he says.

Looking back on his career choice, Rothermel says being a family doctor was what he always wanted to do. "I wanted the one-on-one contact with my patients. Many other specialists don't have that opportunity. I want to get to know my patients as people, not just a set of tonsils or a heart," he says.

A rural area like Columbia County could be negative because of the lower income potential, but Runyan enjoys working in this area.

"Family doctors can do more things for themselves in a rural area, including delivering babies, and we closely guard our patients," he says.

Besides the personal care, family doctors are attracted to the variety in the profession. Remaley enjoys that diversity.

"Family practice has always appealed to me. I enjoy dealing with the whole family," he says.

Since the medical profession is unpredictable, so are the hours. Compared to many other specialists who can maintain a 40 to 50 hour work week, some family doctors work round-the-clock. Runyan admits, "Sometimes you wish for more regular hours."

When setting up a family practice in a small community, the loyalty that patients have already established to existing doctors makes it difficult to develop clientele.

"Loyalty has to be established in small communities. It is acquired through time, not just by putting up shingles," says Rothermel.

Family practitioners have not always existed in the same way as they do today. Before World War II, families received care from General Practitioners because they were usually the only physicians around. After World

War II, GPs began to specialize, which increased their training and evolved into today's family practitioner.

The difference between GPs and family practitioners is in their residency training. GPs have one year of residency training, and family doctors must have three years of residency. Then, they take an examination to be certified as a family practitioner. Family practitioners are also the only specialists who have to take re-certification exams every six to seven years.

Family doctors also complete fifty to one hundred credits of continuing education each year of practice, so they can stay updated on new technology. Each credit takes approximately one hour to complete and is approved by the American Medical Association or

"Many times, we're like traffic cops. We direct patients to the specialists and interpret what they say."



the American Osteopathic Association.

"To complete continuing education credits, family doctors can do such things as teaching residents and interns, studying abroad, taking exams on current procedures, and going to meetings at the hospital," explains Runyan.

Although advanced technology is very advantageous in the treatment of patients, it has increased the amount of pressure family doctors face.

Since they specialize in the whole patient, they need to be updated on many areas, compared to other specialists being responsible for just one area.

"Everyone thinks you're supposed to know everything about all diseases," says Winski.

Blair Revak, M.D., Bloomsburg, says that there are ways to handle this pressure. "A lot of physicians succumb to the high expectations of their patients. I admit I don't know everything. You don't have to, you just have to know when to get help," she says.

"Doctors don't always have the answers," says Rothermel. "Patients get frustrated because they want the answers now."

Regardless of all other motivations, the main thing that

keeps family doctors practicing is the patients themselves.

David Revak and his wife Blair have been practicing medicine together for nineteen years. They both agree that listening to their patients is an extremely important part of their job.

"We've become depersonalized in so many areas of society. Much of the medical care that is needed today begins with listening," says David Revak.

"It is so important to listen to the patients. Studies have shown that diagnosis can be made around 80 percent of the time if doctors will listen to the past history a patient has to tell them," says Blair Revak.

Listening also helps family practitioners know when to direct their patients to other medical specialists.

"Many times we're traffic cops. We direct patients to the specialists and then interpret what they say," Blair Revak says.

Family doctors in this area also have special concerns for their patients. One is an understanding of such things as diagnosis and treatment. Communicating with their patients is something many specialists don't do as well as their family doctor counterparts.



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"Specialists often can't relate to the general population because they are used to talking to each other," says Rothermel. "I'm very big on communication and education. I want my patients to not only understand what care or medicine they will receive, but why they are receiving it."

"Many of the problems doctors see depends on their speciality," says Lee. "Heart specialists deal with heart problems, orthopedic specialists deal with bone problems. Working in the speciality of family medicine, I'd say we see more emotional and psychological problems than other specialists."

Patients, in turn, reward their family doctors with a kind word or remark. "The feedback says what I'm doing is good. It makes me happy knowing that people depend on me," Blair Revak says.

David Revak has delivered close to 2,500 babies during his years of practice. "It's fun for me to see the kids when they're babies, and then it's fun get to know them as they grow up," he says.

Winski fondly remembers his patients. "It is rare that you don't have an opportunity to talk to people that you enjoy

talking to. The other day an elderly lady who was a former patient came up to me while I was in town and gave me a big hug. Those things are what makes it all worthwhile," he says.

Family doctors are needed today. They give personalized care, and many times, a friendly listening ear. If family

doctors disappear, patients will lose that personal aspect they look forward to at each office visit or phone call.

Looking back on their careers, the family doctors in this area are pleased. "I really enjoyed my years of practice. The only regret I have is that I don't get to see my patients on a regular

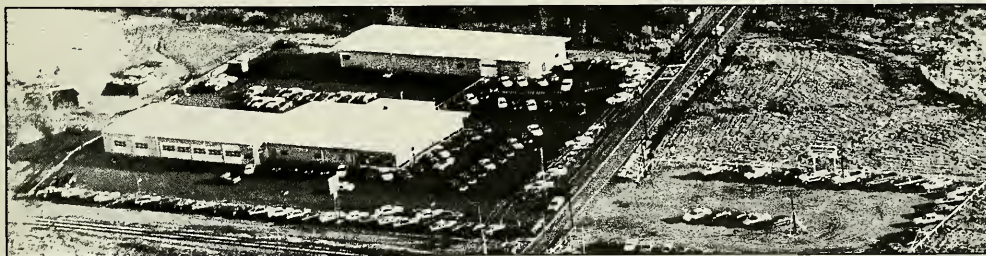
basis anymore," says Winski.

Lee looks back with a smile. "I would do things the same way again. But I have to admit, I'm glad I don't have to go to medical school again."

Rothermel sums up family practice on a rather serious note. "It's a calling. Everyday you have to reassess and think of how that calling can be improved." **S**

**"It's a calling.
Everyday you have to
think of how it can be
improved."**

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Here are some alternative recipes from Pillsbury and the Sunbeam *Grillmaster Gas Grill Barbecue Cookbook*:

Popcorn

On The Grill: Place kernels in popper or a large heavy duty foil packet with enough room for expansion. (A roasting fork can be tied to foil packet for a handle.) Hold container over hot coals; shake until kernels have popped. Salt; toss with melted butter or margarine.

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Baked Apples

- 4 medium apples
- 4 tablespoons butter
- 4 teaspoons cinnamon
- 4 teaspoons sugar

Core apples and place 1 tablespoon of butter in the top of each apple.

Mix sugar and cinnamon together; divide among apples and fill core. Place each apple on a square of aluminum foil large enough to wrap around apple. Fold

corners together and twist, sealing edges. Barbecue for about 45 minutes over low heat, rotating apples occasionally.

Scallop Wraps

- 1 pound scallops
- 6 to 10 bacon slices

Wash scallops well; dry. Completely wrap each scallop with a piece of bacon. Thread on skewers. Barbecue over low heat until golden brown. Turn often.

Cheesy Crumb Tomatoes

- 1/2 cup bread crumbs
- 2 teaspoons Parmesan cheese
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons butter or margarine
- 6 tomatoes, halved

Before Grilling: Combine bread crumbs, cheese, salt and pepper; mix well. Sprinkle several tablespoons of the crumb mixture over each tomato half. Dot each half with one teaspoon of butter.

On The Grill: Place cut-side up on sheet of aluminum foil on greased grill over hot coals. Cook for about 10 minutes.

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Onion Corn on the Cob

- 1 envelope dry onion soup mix
- 1/2 cup butter or margarine, softened
- 1/2 teaspoon salt
- 8 ears of corn

Before Grilling: Mix soup mix, butter and salt. Spread each ear of corn with one tablespoon of butter mixture. Wrap tightly in foil.

On Grill: Place wrapped corn on grill over hot coals. Cook for 30 to 35 minutes until tender. Serve with butter.

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Shrimp In Garlic Butter

- 1/2 cup butter
- 3 cloves garlic, minced
- 1 tablespoon parsley flakes
- 2 tablespoons lemon juice
- 1/4 teaspoon salt or seasoned salt
- 1 1/2 to 2 pounds cleaned and shelled fresh shrimp

Before Grilling: Melt butter in small frying pan. Add garlic, parsley, lemon juice and salt; reserve for basting sauce. Thread shrimp on 4 to 6 skewers.

On The Grill: Place shrimp on greased grill 4 to 6 inches from hot coals. Cook 15 to 20 minutes, turning and brushing occasionally with garlic butter until done.

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Almond extract
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Sugar

1 maraschino cherry per peach half
Sprinkle peach half with almond extract, nutmeg, and sugar. Top with maraschino cherry. Wrap in aluminum foil. Barbecue over low heat for 7 to 10 minutes.



Eggplant and Celery Casserole

3 cups sliced celery
3 cups diced eggplant
4 slices cubed fresh bread
1 cup milk
2 beaten eggs
2 tablespoons butter or margarine
1 onion, chopped



Cauliflower and Peas

1/2 head cauliflower
1 one pound can peas (drained)
1/2 teaspoon salt
1/2 cup evaporated milk
5 slices American cheese
Wash cauliflower thoroughly. Separate into flowerettes. Boil in salted water 10 minutes. Drain. Place in a well-greased baking dish; add peas and salt. Pour evaporated milk over vegetables. Top with cheese. Cover. Barbecue over low, indirect heat for 30 minutes or until cheese has melted. **S**

—MARLA ENGELMAN

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From Here to There

Hot Spots for Fun in the Sun

by Jack Smith

Columbia and Montour counties have a well rounded, multi-use recreation facility inventory. It ranges from well-kept ball fields to full-blown playgrounds with picnic pavillions, toddler equipment, swimming, boating, fishing, and scenic areas.

Ample streams and a good balance of mountains and meadows make the area attractive to "outlanders." The climate produces cold winters and ample snow, while summer months have plenty of warm days for outdoor activities.

Since nearly everyone is planning a vacation this summer, a family need not travel to the shore or some distant mountain to have fun and relax.

It is here!

Consider this:

- J. Wayne Yorks, Columbia County commissioner and member of the Pennsylvania Fish Commission, says this area is unsurpassed in trout fishing and outdoor recreation facilities.
- Extensive development of Danville's Valley Township location will be carried out, according to Danville borough secretary Tom Graham.
- Major improvements are planned at Berwick's Ber-

Vaughn Park this summer, says Tom O'Dell, borough manager-secretary.

- Peggy Long, Catawissa borough secretary, indicates a continuing increase in usage of the recreational facilities there.
- Gerry DePo, Bloomsburg town secretary, has a strong belief that recreation has outgrown the old methods of administration and that an umbrella group—Leisure Services—would best serve the needs of local governments. The new department would coordinate the efforts of the many groups involved in leisure activities.

Besides all the community-owned facilities in Columbia and Montour counties, numerous public and private locations are available.

Almedia

Almedia provides a community hall next to the little league ball field. Light refreshments are served during ball games. A small amount of playground equipment is also provided.

Benton

One of the oldest parks in the area is located in Benton along the bank of

Fishing Creek. The four-acre tract contains playground equipment and picnic shelters and the nearby creek and dam provide swimming facilities. Hours are regulated and life guards are provided by the borough. Rest rooms are available.

For many years the Annual Farmers' Picnic drew crowds from all over the area for a single day of activity. In more recent years, the Benton Firemen's Carnival was added to stretch out a week-long event.

Reservations from groups are preferred and can be made by calling the borough office at 925-6101.

Ber-Vaughn Park

Ber-Vaughn Park is Berwick's pri-



mary recreation site. Located in Briar Creek Borough on twenty-seven acres, the park is a bee-hive of activity during the summer months.

Included in the complex are the community swimming pool, a lighted Little League baseball diamond, a regulation softball field, refreshment stands, and many pieces of recreational equipment.

About \$10,000 worth of new playground equipment from the Berwick Bicentennial committee will be installed this summer, according to O'Dell. Work will also be completed to improve the eight tennis courts at the site.

Heavy weekday usage is provided by the school district's Community Playground program.

Reservations for the use of one of the 12 covered pavillions can be made through the caretaker, Charles Cromer at 759-1947.

Bloomsburg Facilities

The forty-acre Town Park in Bloomsburg, located along the Susquehanna River, is heavily used by residents and students from Bloomsburg University.

Included in the park are three baseball fields, two soccer fields, tennis and basketball courts, and a small pond for fishing. There are several picnic pavillions and rest rooms at the site with the pavillions on a first-come, first-served basis. However, larger organizations can be scheduled by calling Town Hall at 784-7703.

A major improvement is underway in the form of a bike-way, a bicycle-only thoroughfare, which will wind through the town of Bloomsburg and also through the park area. This \$130,000 project was funded by grant monies from the state and should be completed by the end of 1990, according to Gerry DePo. Another major improvement being contemplated is the construction of an entertainment pavillion to add a cultural area for music and drama events.

The park is administered by The Town

Park Improvement Association, a non-profit, volunteer organization. The group carries out any major capital improvements and helps town maintenance with volunteer workers each spring. Funds are largely obtained with public fund raising events such as the annual Ice Cream and Cake Festival in August.

Administered separately, but adjoining the park site, is the Bloomsburg Municipal Pool complex. Also nearby, along the Susquehanna River, is a boat launching ramp maintained by the Pennsylvania Fish Commission.

Briar Creek Lake

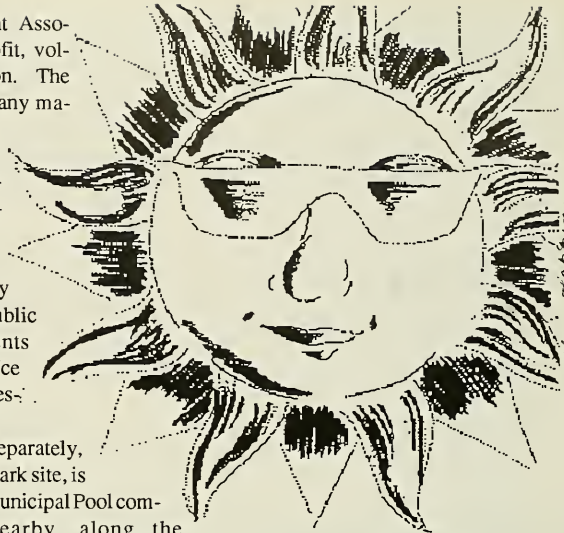
The largest recreational area in Columbia County is Briar Creek Lake, some fifty acres of water surrounded by over three hundred acres of land, located just off Route 93 in Briar Creek Township. Fishing and boating are the main attractions, along with picnic facilities and a ball field with plenty of open space for game-playing or just sun bathing. Large covered pavillions are on a first-come, first-served basis. Rest rooms are available on both sides of the lake.

A full-time caretaker, David Champ, handles seasonal upkeep of the park, a multi-sponsored project of the Pennsylvania Fish Commission, Columbia County Commissioners and Columbia County Conservation District.

The latest improvement to the site, which was constructed in 1960, is an authentic covered bridge which, until a few years ago, had served as a crossing in Fowlersville.

Catawissa

Catawissa Area Recreation Associa-



tion (CARA) has two areas for the enjoyment of residents. A two-acre tract along Catawissa Creek features playground equipment and pavillions, and nearby are the Little League field and a small tennis court.

Picnic shelters can be reserved by calling the borough secretary Peggy Long at 356-2561. Restrooms are kept locked and will be opened on request.

Just off Mill Street is another playground with equipment for the younger set. During the summer months the facility is used for the six-week long community playground program.

At the east end of the borough on Route 42, Catawissa Dam on Catawissa Creek provides swimming facilities for the area. The hours are regulated, and life guards are provided by the borough.

Danville

Hess Recreational Area, Danville's newest facility, located in nearby Valley Township, will be further developed, according to Tom Graham, borough secretary. At present there are ballfields for both hardball and softball, along with a soccer field.

Hartman Recreational Area, located near the Susquehanna River, has regula-

tion fast-pitch and slow-pitch softball fields and one soccer field. Pavillions are not reserved. Hartman also has a playground area, rest rooms, and ample parking.

The newest facility in Danville is the \$2.5 million YMCA, completed in 1988. That project is restricted to members only.

Another major recreational area for Montour County is PP&L's Montour Preserve, located at Washingtonville. The 165-acre Lake Chillisquaque, not only provides emergency cooling water to the power plant there, but also boating and fishing.

There are numerous picnic sites, a four-mile hiking trail, natural and cultural history educational areas, and a

fossil pit where fossil collecting is permitted.

Another PP&L facility for use by area residents is located near the Susquehanna Steam Electric Station, north of Berwick. The Riverlands features fishing, walking trails, and a nature area.

Both PP&L-sponsored areas have buildings dedicated to serving the public through lectures, films and hands-on demonstrations from subjects as diverse as fly-tying or ice fishing to the weather.

Espy

Espy Community Park is located along the Susquehanna River and provides entertainment facilities in the form of playground equipment and picnic


areas. A small building is available and rest rooms are provided.

Knoebels Grove

Knoebels Amusement Resort, which bills itself as a "family fun park," is located along Route 487 in Elysburg. The rural setting contains more than thirty rides, including a dozen kiddie rides. The park is constantly being updated with new rides and features. This year a log ride was added.

Knoebels also has "The Phoenix", one of the only wooden roller coaster rides in the country.

As the park theme suggests, "fun, food, and fantasy," sums up the activities there. There are also four hundred camping sites which can be rented.



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Lightstreet Park

Located in Scott Township on Route 487, the Lightstreet Park offers playground equipment for the kids. Situated on the 6 acres are also tennis courts and picnic tables.

Millville Park

Located on Main Street and Chestnut, across from the high school, the park plays host to the Millville Fireman's Carnival in celebration of the Fourth of July. The carnival brings in famous performers from across the country.

The park also has playground equipment, basketball, and tennis courts, a completely renovated little league ball field, and the town swimming pool. The park is taken care of by the park commission. Two pavillions with running water can be reserved. Restrooms are available.

Twin Bridges Park

A smaller and more rustic site is the county-administered Twin Bridges Park in the village of Forks, north of Orangeville. The park gets its name from the fact

that the only twin covered bridges in the United States are located there. Both have been restored and are maintained by the county. Picnic sites, swimming and wading, along with fishing are available. Rest rooms are provided.

Other Options

The inventory of public facilities in the immediate area is backed up substantially by regional parks and a number of private enterprises catering to outdoor people.

Within close driving distance are Ricketts Glen State Park and Lake Jean. Both areas have picnic facilities and regulated swimming. Hiking trails are unique features to tempt the outdoorsman.

Ricketts Glen features more primitive camp sites and some cabins are available for rent. Swimming is provided in a creek in which sand has been used to provide a beach area and easy-on-the-feet bathing.

Lake Jean is located on the summit of Red Rock Mountain and the camp sites are much more organized and regulated. The area is ideal for family camping.

Besides the Susquehanna River and its many features for the outdoorsman, both Big and Little Fishing Creeks run directly through the area. Some of the finest trout fishing streams in the country are right here.

Cabins line the banks of the streams and many of them are available to rent by the day or week. Most, however, are heavily used by the owners all summer.

Campgrounds are located throughout the region for tenting or mobile campers and there are six public golf courses in the immediate area. S

Green space

Study reveals need for more recreation

A paradox exists here. Despite the assumption that this area seems overly blessed with recreational possibilities, a study conducted for the Town of Bloomsburg in 1987 indicated a need for more areas.

According to town secretary Gerry DePo, Bloomsburg does not have enough "green space," areas with trees and shrubbery, to compensate for the number of residents. The opinion is based on national standards.

Under a section of the report, "A Strategic Management Plan for the Town of Bloomsburg," it was recommended that Bloomsburg explore the possibilities to develop "our beautiful environment."

◆ Problem:

While we have a beautiful community, many entertainment activities and a well-kept town park, there are many underdeveloped areas. Whether this has come about because of lack of funds or interest, we feel that our natural resources should be assessed for further development.

◆ Solution:

There are many possibilities to explore, such as development to the river. We need a study to determine what changes could be made to enjoy this community asset. Depending on the outcome of the study such things as a marina, boating activities, races, swimming, and ice skating, could be added to our outdoor recreation.

Other developments that could be investigated include: cross-country ski trails and a biking/running trail.

◆ Resources:

There are many agencies in the community that offer all types of resources. By organizing these groups in a combined, ongoing committee, resources, both financial and people, could design the trails. Development of the river would have to be through the Town Council and the Department of Environmental Resources.




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Taverns

Spectrum's guide to some nightlife in the area

Cobblestone Inn

6795 Old Berwick Rd.,
Bloomsburg; 759-3847

This rustic bar has daily lunch specials and a full bar menu with steamed clams featured every Thursday. Tuesday and Saturday nights, patrons are entertained by DJ Lazer Nick at Night. For the competitive, there's a pool table, darts, and various arcade games. There is a lazer disc jukebox with a variety of tunes. Open 7 a.m. to 2 a.m. Monday through Saturday.

Hess' Tavern

116 E. Main, Bloomsburg;
784-1421

A college student hideaway, Hess' boasts nine taps of draft beer, six at the bar and three downstairs. Snacks are placed out at the bar (usually pretzels and popcorn). A dance floor and pool table sit in the back; the dance floor is used mostly on Wednesday through Saturday nights when they have a DJ. Wednesday nights are also set aside for weekly specials.

Hilltop Inn

RD 1, Danville; 275-6254

An excellent restaurant/bar in the Danville area, Hilltop Inn offers four taps of draft beer, one of which is an import (usually Molson). Their bottled beer selection is also better than average, featuring about twenty imports and three varieties of wine coolers. A DJ provides entertainment Wednesday, Friday, and Saturday using sound systems surround-

ing a 20' x 20' dance floor. Deep-fried mushrooms or mozzarella sticks, sandwiches, and waffle fries are the favorite snacks ordered from the bar, along with their daily lunch specials.

Houston's Two Bit Honky Tonk

6910 Fourth St., Bloomsburg;
784-2707

Houston's, an authentic western bar, features a bar menu for those with a big and hearty appetite. Tenderloin steak sandwiches are prepared on the grill behind the bar while you watch. Entertainment includes a pool table, arcade games, and a lazer disc jukebox. Open 11 a.m. to 2 a.m.

Jerseytown Tavern

RD 9, Bloomsburg; 437-2251

A quiet restaurant/bar in the Bloomsburg area, the Jerseytown Tavern has two taps of draft beer and an average selection of domestics. The restaurant, which provides ample dinners at reasonable prices, has nightly specials. The bar itself is engraved with animal figures adding to its wood and brass rustic quality.

Lemon's

26 E. Main, Bloomsburg;
387-0720

Rather hard to find, but one of Bloomsburg's better bars, Lemon's has the "best chili dogs in town" along with specials Monday through Thursday. The college students take up the majority of the bar, drawn by the classic rock Monday and Tuesday nights

and Top 40 Wednesday through Saturday, played by a DJ over a small dance floor all starting at 9:30 p.m. Open from 8 p.m. to 2 a.m. daily.

Little Dutch Inn

850 Railroad, Bloomsburg;
784-9999

The Little Dutch Inn is a quiet neighborhood bar with three beers on tap and daily hot sandwich specials. Entertainment can be found playing pool, darts, or the arcade games. The jukebox features selections from the 1950s to the 1990s. Sports fans can enjoy watching ESPN nightly. Open 10 a.m. to 2 a.m.

Neufer's Inn

5 Red Mill Rd., Bloomsburg;
784-9498

This rowdy neighborhood bar has one tap and bartenders reputed for being the "baddest" in town. Patrons enjoy playing pool and darts.

Paddock

810 Catherine, Bloomsburg;
784-9949

The Paddock is a traditional corner bar with ample seating and reasonable prices. Both college students and locals enjoy the bar menu and frequent the pool table.

Rick's Rusty Rudder

23 Perry, Bloomsburg;
784-4217

This working class bar has a variety of beer on tap with cold take-outs available. Every Friday and Saturday night, a DJ spins classic rock from 10 p.m. to 2 a.m. Patrons also enjoy shooting pool and darts.

July will mark the opening of Rick's as a seafood specialty house. Open from 11 a.m. to 2 a.m.

Spahr's

888 Old Berwick Rd.,
Bloomsburg; 784-8284

Spahr's is a quiet neighborhood bar which features a bar menu including steamed clams every Tuesday and Wednesday night. Patrons enjoy playing on one of the areas only regulation-size pool tables. Cold take-outs are available. Open 7 a.m. to 2 a.m.

Stony Brook

RD 4, Bloomsburg;
784-6673

A restaurant with good set-up, Stony Brook offers good food alongside their beverages. Entertainment is provided Wednesday nights by a DJ playing classic rock or country music and there is live entertainment on weekends. The bar itself is made of pine and holds a good selection of both beer and beer coolers.

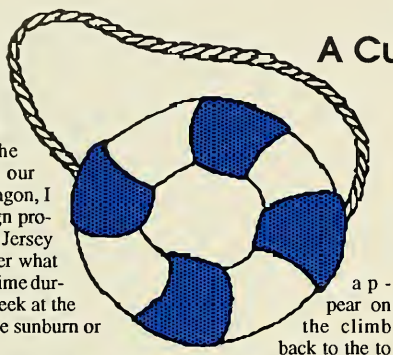
White Horse

N. Warren, Berwick;
784-1602

This 50s style bar and restaurant has daily lunch and dinner specials. A DJ spins tunes from the 50s up to present every Friday and Saturday night from 10 a.m. to 2 a.m. Lunch is served 11 a.m. to 2 p.m. and dinner served between 5 p.m. and 9 p.m. Open daily 11 a.m. to 2 a.m. **S**

Are We Having Fun Yet?

A Curmudgeon's Guide to the Shore



Peering out the windows of the "Mom-mobile," our family station wagon, I snicker at the sign proclaiming, "The Jersey Shore"—I wonder what will happen this time during our live-in week at the beach. (Will it be sunburn or jellyfish?)

I'm thrilled when Dad finally announces that he smells the ocean. (Or is that the scent of dead fish?) I'm also relieved that my sister has finally outgrown the car sickness that lengthened each previous trip by decades and caused me to fear that we would all become Schuylkill Expressway statistics.

Cursing New Jersey drivers, my Dad brings the car to a stop, runs into the motel office, and gets the room keys and parking assignments. Naturally, our space has already been taken.

Somehow, my Mom has perfected the task of fitting everything we own into the car. With suitcases and pillows in hand, we march into a pink stucco building and open the door to our apartment, fit for one; yeah, we're four. Four who paid \$62,000 for a week's shelter. "Togetherness will be good for us," says Mom cheerfully.

Together, we head toward the beach to spend money and watch our skin dry up. It takes Anne, my sister, 42 seconds to spot the waterslides and quickly destroy any plans for a relaxing afternoon. She insists that we go on them—"Now!" The temperature, however, has dropped almost 20 degrees since we have arrived, the cool ocean breeze is now an arctic blast. The first ride down the slide is exhilarating, but the goose bumps and blue lips that

top just aren't in style.

The next morning I'm awakened at 7:30 by a high-pitched "good morning," my Dad's infamous wake-up call. He's one of those nature freaks who enjoys a stroll on the beach when no one else is around and share the wonders with his children. Last year's wonders included an assortment of dead marine mammals and hospital waste. This year, we went further south, looking over our shoulders for any New Yorker trying to escape.

Nevertheless, I rush out to get some rays—my Mom has no such plans. "Tanning causes cancer," she screeches, then hands me SPF 215 suntanning lotion to take along. (Nothing like "total sun block" for that deep tropical tan!)

Later, with Dad half-asleep on the beach, Mom, covered by several layers of Arabian robes, announces we are going to Cape May for dinner. By the one eye that glares at her, it seems she has neglected to inform Dad about these plans.

The sun goes down, and we pile once again into the car for a half-hour drive to go to dinner to

eat imported frozen crab.

The next day, the entire family flocks to the beach, only to be greeted by an invasion of horseshoe crabs. Last year the ocean was riddled with jellyfish so Mom purposely planned an earlier vacation to avoid them. (I guess you just can't outsmart nature.)

After steak sandwiches and pizza on the boardwalk (at "shore" prices), we decide to do what every family does on vacation at the shore—play miniature golf. Of course, even this simple sport is no longer inexpensive. It costs us \$16 for one hour of entertainment. And what entertainment it is! Approaching the shrubs that line the 14th hole, we are suddenly covered by billions of gnats. Racing around the last four holes, scratching and slapping, we set a new course record—a 39 for golf and a 2700 for gnats.

Family togetherness is taking its toll. The Wildwood boardwalk is crammed with people of every shape, size, and age. Hundreds of screaming kids are arguing with their parents because they want another candy apple, hundreds of others are crying

from exhaustion. Adolescents strut along the boardwalk in skimpy outfits trying to appear confident and attract members of the opposite sex. Senior citizens sit and watch this parade, knowing that TV couldn't be any better entertainment.

The boardwalk's amusement piers loom in front of us. Sis is begging Mom to allow her to ride the ferris wheel, but Mom is skeptical about its safety. Reminding us about the many accidents, she tries to talk sis into a miniature basketball game.

Later, almost before we pack up, just because it is the shore, we decide to buy hermit crabs to bring back to Pennsylvania. These lovely creatures just happen to get lost in the car. (I can't wait for a four-hour trip with them.) I am amazed that this is our last night at the Jersey Shore. I have survived a week with my parents, my sister, and the horseshoe crabs. But, despite it all, I know we'll be back again next summer, we always come back. There's something that compels us to return. Maybe it's the challenge; maybe the lure of ocean breezes. Whatever it is, we—and the gnats—will be back.

—MEGAN HOFF



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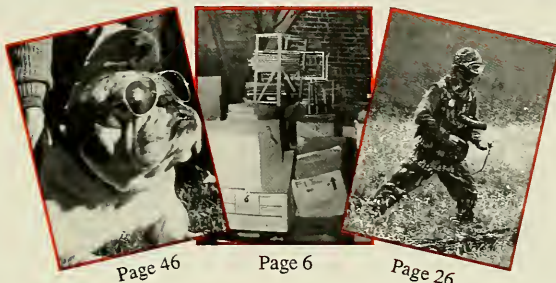
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Spectrum

The Magazine for Columbia and Montour counties

Winter 1990-1991 Vol. 4, No. 3

All-American Magazine, Associated Collegiate Press
Medalist Award, Columbia Scholastic Press Association
Second Place/Regional, Overall Excellence, Society of Professional Journalists



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COVER:**

Residents of Briar Creek
can name the season by
the dress of the bears.

cover photo by Jenna Moon
cover design by Jim Seybert

BEHIND THE LINES

It's not easy presenting a story that nearly mandates that taxpayers should be paying more money to get better services. If we wanted to be popular, we would have written that we searched and searched but couldn't find any problems in the area.

We could have published that peace was prevalent; we might have insisted that the economy was at its best. However, as journalists, we have a responsibility to search for truth, analyze it, and clearly present it to the public.

And so it was that after four months of investigation, *Spectrum* realized what Columbia County employees have known for years—there's no space and little budget to run an efficient operation. With less than a decade between us and the twenty-first century, it's obvious that Columbia County is not ready to move ahead. In fact, the county is barely getting by now, working in primitive conditions with inadequate office space.

In her investigation, Jane Mehlbaum discovered the tax assessment office was forced to take over basement space already allocated to Emergency Management Services. This working environment can't exist without the aftermath spilling over, creating inconveniences, extensive problems, and even total chaos within a community.

The Bloomsburg downtown area is also experiencing some dilemmas of its own. As members of the community, it's not easy exploring issues troubling our local shopping district. However, after talking with many downtown merchants, Michelle Epstein has uncovered a decline in store traffic to the downtown. Shoppers are turning from downtown specialty shops and spending their dollars at plazas and malls, though not necessarily our local mall.

Some problems are not as visible to the community; however, they still exist and should be examined. Judy Kosman's story about rape reveals that there are far more rapes in Columbia County than are reported.

This past Summer, while visiting the Courthouse, Karen Sheehan and Tara Connolly were surprised to learn that the evidence from a 29-year-old murder trial was still being kept. During their investigation, which included several weeks of dig-

ging through yellowed and nearly-forgotten transcripts, Sheehan and Connolly became the first reporters in three decades to go into the maximum security Graterford Prison to speak to the person who many claim committed the most brutal murder in recent county history.

Although we have chosen to focus primarily on public affairs reporting in this issue, we haven't forgotten our responsibility to present all facets of life. Many Columbia County residents are now stationed in the Persian Gulf, forced to endure brutalizing near-war conditions, but a few are playing war near Danville. Mike Mullen donned his camouflage gear and spent a Sunday afternoon with other weekend warriors, participating in a fierce game of paintball.

Spectrum readers can also enjoy a variety of human interest articles including Jamie Minichella's profile of radio personality Gary Chrisman, Kami Silk's interview with a former North Vietnamese soldier who has been able to take advantage of the local Habitat for Humanity chapter, Sue Dashiell's feature about the Wonderview Ski Lodge, Judy Kosman's guide to canine comfort, and Karen Sheehan's hunt for bears in Briar Creek.

As always, *Spectrum* includes its featured departments—The Cutting Edge and The Back of the Book. This issue's departments include Linda Moisey's profile of inventor Leo J. Yodock, and Mike Mullen's inquiry into the mascots of local schools.

Finally, although we have been fortunate to win many awards the past three years, we are more fortunate that the people of Columbia and Montour counties like what we're doing. Circulation is at an all-time high—and other magazines are reprinting our articles. Recently, *Panarama Magazine*, published in State College, reprinted another of our articles. Gail Rippey's study of hunger in Columbia County struck the editors as "something important" for all the people of Pennsylvania. This is the fourth time we have had one of our articles reprinted in *Panarama*. We hope they—like our readers—will continue to find our stories newsworthy. —The Editors

Spectrum

Winter 1990-1991

Vol. 4, No. 3

EDITOR-IN-CHIEF

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EXECUTIVE EDITOR

Gina Vicario

EDITORIAL

SENIOR EDITOR

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ASSOCIATE EDITOR

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Spectrum is published twice a year by the Program in Journalism, Bloomsburg University of Pennsylvania (Bloomsburg, Pa. 17815). Single copy price is \$2.95. No portion of *Spectrum* may be reprinted, including advertising, without permission of *Spectrum*. ISSN 0892-9459.

THE CUTTING EDGE

TRAFFIC ENGINEERING

The Block Stops Here

For many, construction sites are nothing more than an obstacle and a nuisance. They slow us down and make us late. Leo J. Yodock, Bloomsburg, utilized his time in bumper-to-bumper traffic and developed a new product that could make our highways safer. His invention, the Jo Jo Block Water Barrier, was designed to replace the concrete barriers that now divide highways during construction.

Concrete barriers are usually gray, with a yellow stripe painted across their base, and usually have flashers to make them noticeable. However, after driving for several miles on a construction site, it's possible for eyes to become fixed to the barrier and actually get drawn into the wall. "You can get hooked, almost like a race car driver on a track," Yodock explains. A flashing yellow light, also used at work zones, can be blinding and actually pull the driver into the dangerous area, causing an accident. Yodock explains that these devices are still used because it was decided years ago that they were effective, and "it is difficult to change the system once something is put into effect."

If a vehicle strikes a concrete barrier, the effect can be devastating to the people in the vehicle. If water barriers were used, the impact of the hit would be cushioned. "They're just a more forgiving item," says Yodock. Flying debris also causes many injuries because concrete barriers can travel

through the windshield and strike the victim. When water barriers are hit hard enough, water, a much safer element, is released. Other benefits of using the water barriers include its easy installation; no heavy machinery is necessary.

According to Yodock, concrete is often installed improperly. As a result, truckers who are knowledgeable of equipment have no respect for it. Also, they have learned to utilize it, he points out, noting that some truck drivers don't slow down at construction sites because if they go too fast for conditions, they can bounce off the wall and redirect their rig. "If a truck driver thinks he is losing control, he can lean in and brace himself," says Yodock. "Because truck drivers don't know what the reaction of hitting a water barrier would be, they will respect it."

Water barriers are easier and faster to assemble and disassemble. They are also easier to handle than concrete because of their shape and size. The barriers out now are 42 inches high and two feet wide. Their height is beneficial because it protects the driver from the headlights of an oncoming car.

Without water, the barrier is a formidable object; with water, a degree of protection is added. The varying amounts of water used in the barriers affect their degree of mass. "For example, there's no advantage to fully filling a water barrier if it's only going to be used in 10-15 mph

traffic," says Yodock. Cost is an important factor here. "We won't use a more expensive barrier with protective coatings and screens for strength when it will be used in a relatively non-dangerous area," says Yodock. However, it would be ideal to use one in an area with a higher frequency of accidents."

Available in white, orange, and yellow, water barriers can be used in all weather conditions. Yodock believes that using orange and white with every other block will increase the driver's awareness of direction.

The interlocking water barriers can be made to stand alone, like barrels, or be put into component systems. They are more durable and, when standing alone, are less likely to be knocked over "for fun" as are the currently used cones and barrels.

Yodock estimates that it costs about \$124,000 per mile to install concrete; his barriers would save the government about \$40,000 per mile. Also, in an age of concern for the preservation of the environment, it is of public interest to know water barriers are completely recyclable.

Yodock's research partner, David Humphreys, is a highway design engineer. His job is to introduce the barriers to the Department of Transportation in New Jersey for certification. Yodock has other workers doing similar jobs for him in various parts of the country; each state uses its own standards to judge acceptable criteria in construction zones.

After high school, Yodock joined the army and later entered the field of real estate. He is currently the owner and developer of Rose Enterprises. He thinks of himself as a "jack of all trades;"

he has been involved in the installation of sewer systems and power lines, has worked as a general contractor, and has sold mobile home and housing developments. "It seems that each time a new project came up for me," says Yodock, "I became immersed in it."

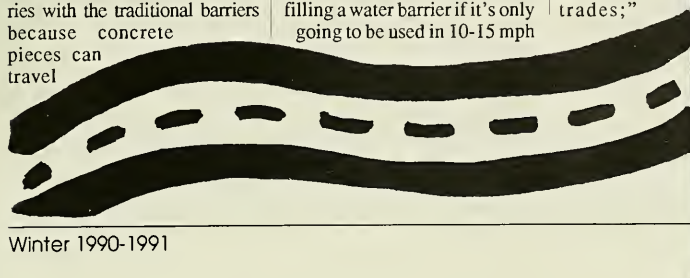
So, why hasn't a product more practical, economical, and safer been accepted by the federal government? "It's hard to be practical in a world of bureaucrats," says Yodock. "It's always difficult to change what's been established." Locally, however, the water barriers have been used to direct traffic at the Bloomsburg Fair, and to direct bus traffic at Penn State University.

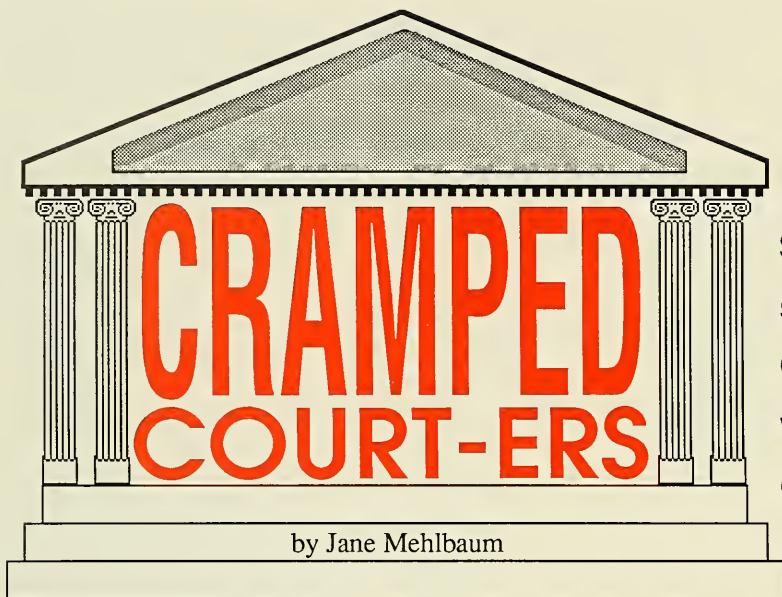
Yodock is still going through the necessary red tape to satisfy the barrier criteria. The federal government is now in the process of altering its standards, which makes the process more difficult. The government, compounded with departments, makes it difficult to obtain the approval for a new product.

The patented barriers are now being produced in Akron, Ohio at Akro Plastics; and in Reading, Pa. at Remcon Plastics. Yodock estimates that the barriers have cost about \$400,000 to develop in direct costs alone. Yodock is still working to modify the barriers, and says he thinks he can eventually make them indestructible. Testing will continue for the next three years.

—LINDA MOISEY

Leo J. Yodock





Struggle for space leaves Columbia County with nothing but costly options

The Columbia County courthouse should be a place of prestige, prominence, and professionalism. It is not.

It should be a place where the residents of the county can go for all their judicial and governmental purposes. It is not.

It should be a place that proudly and impressively represents the county. It is not.

The courthouse, built in 1845, with extensions added in 1891 and 1971, is facing problems of primitive working conditions, inadequate office space, tight quarters, wasps in the attic, and even fungus growing in part of the basement where employees have desks.

The Emergency Management Services, for example, is comprised of about forty volunteers and paid professionals who are being forced to conduct business from a tiny office in the basement. In case of emergencies, the staff assembles in the basement hallway and takes over the assessment office, which is then temporarily shut down. "We do the best with what we have," says Irene Miller, head of Emergency Management Services (EMS), "but we could do it a lot better." Miller's EMS program is in jeopardy of losing state funding from a governmental program for emergency services because it does not meet state requirements for space. Other offices, including tax assessment and voter registration, have taken over the unused portion of the basement. According to Miller, "there is a federal grant to redo the basement of the courthouse for EMS. If we do not reacquire that space, there is a possibility that we would have to repay that grant."

Lack of space has resulted in county records being spread out and stored in several different areas. Employees have a

difficult time tracking down the records they need. "We try to keep our current things here, where the main traffic is," says Tami Kline, clerk of courts, "but you find that every two or three years you're rotating files. It goes from here, to there, to there, and then the basement. Transferring these files around is a lot of repetitive work." Time and productivity are wasted in the search for needed records and employees are forced to fight through dust and cobwebs to get at the files they need, since a lot of them are stored in the

basement and attic. "It's not a pleasant experience," says Harry Faux, chief clerk, who says, "we place the files up in the attic in some semblance of order but it is extremely difficult. It's a never ending challenge to try and keep things in some sense of order."

One secretary says, "I don't go up to the attic or down to the basement. We have files here that we leave pile up until we absolutely have to take them to the basement or attic."

County offices have also been spread throughout the county, adding to this productivity loss. Employees from the Domestic Relations office are forced to make several trips a day from their office in the Zeisloft Building on Perry Avenue, downtown for banking, mailing, and courthouse deliveries. "We have court hearings in the courthouse and we have to take all our files up there. That's a lot of work," says Lee Wright, domestic relations officer. Also housed in the building is the Area Agency on Aging. For one year, the county paid \$35,692 for rent. In late October, about two months after the *Spectrum* investigation began, the Commissioners, by a 2-1 vote, bought the building for \$335,000 to ease the burden at the main courthouse. Commissioner

**"We have no room. It's
out of control."**

George Gensemer said, "I think we're hurting terribly for space. We're working twenty years behind the times."

However, Commissioner Lucille Whitmire vigorously opposed the purchase, charging that even with the problems of space, the purchase from existing general funds "is money not wisely spent." She believes that the purchase won't solve the space problem and the money should be used to fix the deficit, update the prison, and improve the communications center. She says, "two years from now we'll be in the same situation! Overcrowding in the courthouse, only two offices in the building, and the deficit staring us in the face."

"It's a never-ending challenge to try and keep things in some sense of order."

In rebuttal, Gensemer, defending the purchase, says, "it was the best business deal. The building will be bought and paid for in three and a half years, compared to paying rent for the next seven years, until the lease is up."

Nevertheless, the \$335,000 cost, combined with a \$200,000 to \$250,000 deficit, has resulted in the layoff of two people at Briar Creek Lake Park, where the county has a maintenance crew, a reduction in overtime, and employees having to take turns answering the phone since the switchboard operator, who recently resigned, has not been replaced. "It's not the best solution, because they all have other duties and we're taking them away from their offices," says Whitmire. Whitmire believes the position is necessary and hopes a new switchboard operator will be hired in 1991.

The solution is not the purchase of a building 1.8 miles from the courthouse—a building that will eventually house only one major agency—but the extension of the current courthouse. The county is currently at its 25 mill limit and, unlike the local school districts which can raise tax limits virtually at will—and have done so to build new buildings in the past two years—the county cannot raise that limit without petitioning the court.

According to an article in the Winter 1989-90 issue of *Spectrum*, property owners pay eighty percent of their taxes to their school district and only about twenty percent to the county and local government. Central Columbia Area School District has a new \$8.4 million elementary school and Bloomsburg Area School District built a new middle school in 1988 for \$7.7 million. The school districts, operating on their own budgets, can build without putting their plans up for public referendum, although it is taxpayers who finance the school budgets. Unlike the county government which has a limit, school districts have no limits; the result is some of the highest taxes in the northeastern part of the state.

The county is considering a tax hike; however, Whitmire said she will vote against any new tax hike because she

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believes the money used in the purchase of the Zeisloft building could have been better spent in other places. "I just don't think that is meets our needs," said Whitmire. "I think we spent too much money for it and it needs a lot of work." The building has inadequate facilities for the handicapped, insufficient parking, and requires major renovations for its sewage system.

Another problem in the courthouse is the lack of much needed privacy in several offices. No elected officials, with the exception of the two judges, have offices within which they can privately conduct business with citizens or interview potential employees; adult probation officers work in an office with no privacy, and multiple interviews are conducted at the same time. The hallway outside Judge Jay E. Myers' chambers is so small that victims and the accused can come in contact with each other. On days when Children's Services hearings are being conducted, there are parents and children in the jury room, the law library, as well as the hallway.

"It doesn't look like what I think a courthouse should be," says one employee, pointing out, "a courthouse should be a very impressive place." Some of the employees believe that the conditions of the courthouse make it an embarrassment when people from other counties come in for a visit. "It's sort of embarrassing," says one employee in the basement, "but mostly because of the work space, there's just no room."

The employees of the tax assessment and voter registration offices are bothered by being in the basement. "We have no air, no windows, no circulation, but you live with it," says one employee, rhetorically asking, "what are you going to do about it?"

The courthouse also lacks accommodations for the handicapped. Although there is available handicapped parking, there is no elevator in the courthouse, making access to the second and third floors, where the courts, Agricultural Extension, and Planning Commission offices are located, very difficult. The Social Welfare and Veterans office are also located on the third floor, making access for elderly or disabled persons virtually impossible. However, David Swisher, director of Veterans Affairs, seems not to have a problem with being located on the third floor. "Any of my clients who cannot make it to the third floor tell the operator and we take care of them downstairs," says Swisher. "I have no complaints personally."

A major complaint made by the employees in the court-

house has to do with the lack of space for storing files. According to an employee in the assessment office, filing cabinets are filled to capacity; they need a new one, but have nowhere to put it. "The office is growing as the county is growing," says one employee, "you can see we have no room. It's out of control." Employees of the Planning Commission office are having the same filing problems; according to one employee; they occupy a conference room stuffed with files and still do not have enough room.

There is a room in the basement of the courthouse that contains nothing but files that date back to the 1800s. This room is filled with metal filing cabinets that employees in the clerk of courts office find very hard to use. "Sometimes they don't open and when you do get them open they don't shut," complained one employee.

The attic is also used to store files, most of which are needed for day-to-day activities. When employees go to the attic, they arm themselves with a flashlight because the only light comes from two single bulbs on the first level of the room. One secretary said it isn't bad on sunny days, but on overcast days it's difficult to see. Employees might also take a fly-swatter to ward off any wasps coming from a nest in the corner of the room, or they might follow a certain trace of steps to avoid stepping on a loose floorboard. Employees say that it is sometimes difficult to pinpoint the exact file you're looking for, since the files are only stored in boxes. Lots of boxes. "You can be up there for long periods of time," says one employee in the commissioners office. "I just go through every box,

until I find what I'm looking for," says Tami Kline, clerk of courts, "and I refuse to go up there in good clothes."

One reason for this over abundance of files could be that many of the offices lack computers. Tami Kline's office is especially hard hit with files and paperwork, since it is here that the hardbound dockets are kept. These dockets take up the majority of space in her office. If computerized, they would all be stored on discs, freeing up significant space.

Computers, unlike microfilming, are not figured into the county budget. The entire budget for running the county is only \$6,055,477, \$19,000 of which goes toward microfilming and paying a microfilm clerk. Whitmire believes that once the courthouse is computerized it would make all the offices more efficient. "Our office is computerized, and we are starting to computerize the treasurer's office," says



Photo by Mike Zarrett

Limited space has forced courthouse employees to store boxes of files in the attic.

Whitmire, noting," just the efficiency will add to how we keep track of our accounts."

According to Commissioner Gensemer the reason Columbia County did not install computers long ago is because of financial constraints. "We are at our millage limit," says Gensemer, "and I would say that is the main reason why we don't have more computers." Whitmire strongly believes that taxpayers will not feel the crunch of bringing more computers into the courthouse. "It wouldn't be something that the taxpayers would be stuck with, I don't believe that one minute," says Whitmire. "I think with the efficiency and the speed it would pay for itself."

Unlike Columbia County, Schuylkill County's courthouse is completely computerized. Under the supervision of Bob Lopez, Schuylkill County produced a system in-house for about \$40,000. Lopez purchased used equipment, wrote all the programs himself, and retrained two clerks from the controller's office, who are now the computer operations manager and a programmer. In September 1987, Lopez single-handedly wrote a computer multi-fund government accounting system and had it on line as of January 1, 1988.

In 1990, Lopez concentrated on the elected offices and, without buying any new equipment, created a system in-house that automated all the docketing systems. "We have no more books; they've been eliminated," says Lopez. Lopez says the offices of Register of Wills and Recorder of Deeds have not been automated yet, but will be within this year or the next.

Lopez was also able to gain extra revenue for Schuylkill County by developing a program to serve as a billing system for delinquent fines. "The computer reminds people that

they haven't paid their fines," says Lopez, "it also uses a little weight from the judge. . .if you fail to pay and keep up your payments, you will be in contempt and you can go across the street to our newly renovated prison for the weekend."

Schuylkill County's budget for Lopez's office, Management Information Services, is about \$200,000 a year.

Lopez says he has helped other counties with setting up their computer systems. Susquehanna County paid Schuylkill County \$7,500 to have Lopez come in and set up the exact system. In just a few weeks he set up the programs and trained employees. Lopez says the county does not sell the package with the intent of making a profit—what they charge goes toward covering excess expenses. Lopez says he is also willing to help Columbia County, "if Columbia County desires, I can certainly avail some of my services here to them."

Computers, however, can only help with a portion of the problems of the Columbia County courthouse. Perhaps there is a solution to these problems. In August, the county commissioners unveiled plans for a new courthouse annex and indoor parking garage, to be built behind the existing courthouse. The plans—designed by the architectural firm of John M. Kostecky Jr. and Associates, Harrisburg—detail a three-level parking garage, topped with three floors of office space. The \$7 million building would be built on what is now a parking lot used by courthouse employees, and would be joined to the courthouse by a covered walkway across Ridge Avenue.

According to Shirley F. Drake, county treasurer, the plans are long range and just a projection for the future. "The plans

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were designed to complement what we have," says Drake, "all offices would be brought back here and we would have additional parking."

Tami Kline adds, "it's basically just an architectural drawing. Depending on the county reassessment and moneys available, we probably won't see anything for about four or five years."

Kostecky's plans are not the only ones under consideration. The county commissioners have appointed a task force, consisting of county employees and private citizens, to study the facility. In October, the task force issued a report to the Columbia County Board of Commissioners, detailing the problems it found with the courthouse, and posed several solutions which included renovating the existing courthouse, purchasing the Zeisloft building, and building the annex.

According to John A. Mihalik, task force chairman, the concept of a new courthouse is still in a discussion stage.

The *Press-Enterprise* of Bloomsburg has vigorously editorialized against the new courthouse, stating that the task force is well-salted with government employees who went around to county offices talking to employees who said they need bigger offices. Along with its derogatory statements regarding the building of the annex, the *Press-Enterprise* has also accused the commissioners of wanting to spend the money from tax reassessment on "the biggest, most expensive office building of its kind in the county." The newspaper has accused county officials of leaving it up to the taxpayers to foot the bill.

Mihalik says, there are several things to take into consideration before anything can be finalized: Can the county



Photo by Mike Zarrett

No space has been left untouched, as dockets are stored from floor to ceiling.



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afford it, when can it afford it, and is an expansion the best option? "It's a matter of ignorance of the newspaper," says Mihalik, asking, "will the taxpayers pay? Of course they'll pay, that's the county's source of funding. The question is how will they pay?"

The *Press-Enterprise* claims to have talked with taxpayers who say they are provoked at the idea of building a new courthouse. According to Whitmire, she has not received one response—good, bad, or otherwise—to any plans. "I said in the *Press-Enterprise* that it was obvious we have a problem, that we unveiled this for public input; I didn't say we were going to build it today, tomorrow, next year, or the year after that. We're laying plans for the future."

The task force has reported that, if economically feasible, the project of the courthouse annex could solve the county's space needs. The task force has also come out in favor of the purchase of the Zeisloft building because it believes that if the county is going to proceed with the courthouse expansion it can be used as temporary quarters for the offices that will have to be removed from the courthouse during renovations. According to the task force report, "the building provides an ideal location for county offices, employees, and minimal interaction with banks, post office, and courthouse functions." Commissioner Gensemer feels that the annex and the Zeisloft building have a lot of potential for office space and are centrally located.

Although the county is fighting to pay its bills and faces an upcoming reassessment, building projects, such as the courthouse annex, could increase the real estate value of the county.

Some courthouse employees are fed up with the *Press-Enterprise's* remarks about the county leaving it up to the taxpayers to pay for the courthouse extensions. "We pay taxes just like everybody else, complained one employee, noting, "just because we're county employees doesn't mean we don't pay taxes. We're paying the high increases just like they are." Any employee—whether factory worker, lawyer or even journalist—has the right to decent working conditions. County employees believe they are entitled to work in a pleasant environment, one that is free of dust, cobwebs, wasps, and cramped quarters. They also believe that employees shouldn't have to walk up and

down three flights of steps several times a day to search through boxes just to find reports and files. They also believe that improvements to the county's space and facilities will benefit not just their own working environment, but the efficiency of county government and direct services to the public.

Whether renovating, building, or computerizing, it is obvious to any visitor of the Columbia County courthouse that something must be done in order to bring this 145-year old building up to date and into the twenty-first century. **S**

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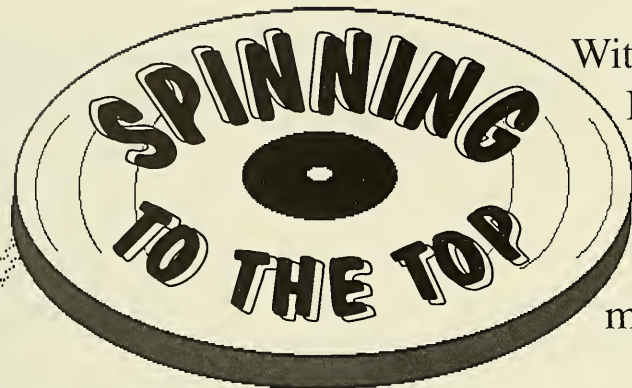
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With the help of
K.C., The Boy,
and Cousin Harry,
Gary Chrisman
dominates the
morning market

by Jamie Minichella

As far back as he can remember, Gary Chrisman, leader of the KISS FM morning crew, has always been interested in comedy. When all the other children were listening to their favorite music, Chrisman was listening to Bill Cosby, Jonathan Winters, and Bob Newhart. "I must admit," he says, "that I was one of those weird eight-year-old boys who recited entire comedy routines." In the seventh grade, he was elected the class clown and has upheld this reputation ever since. So, it comes as no surprise that this young man grew up to have his own comedy show on Williamsport's WKSJ, better known as 102.7 KISS FM.

The Chrisman Morning Show, which airs from 6 a.m. until 10 a.m., Monday through Friday, is leading the morning market in an eight-county area, dominating Northeastern and Northcentral Penn-

sylvania, according to the 1990 figures released by Arbitron.

The show has become famous for its zany cast of characters. "If I was going to stay in the business, it would have to be doing something creative," says Chrisman. "If all I could have done was jock records and give the time and temperature, I never would have made it. Hopefully, when I create these wacky characters, they are something that everyone can relate to. They represent someone that we all know or they possess qualities that we may see in ourselves. The idea is to have fun with them and to make people laugh."

On a typical morning, listeners may hear outrageous impersonations of George Bush, Ronald Reagan, Richard Simmons, or Mr. Rogers, among others. His character, Cousin Harry, may come on the air singing "You Can't Touch This," by rapper MC Hammer, and dedicating it to "all the females out there."

Kathy Collins (K.C.)
and Gary Chrisman
begin waking up
Central Pennsylvania
at 6 a.m. Monday
through Friday.



Photo by Bill Hughes

Dwayne Dumble, a farmer from Mansfield, may call in to tell everyone about his latest cow troubles. And the listener can rely upon a visit from Rodney Smeal, also known as The Boy, a character who has taken off with enormous audience appeal.

"For whatever reason, people just love this skinny, sex-crazed individual," says Chrisman. "He has become an anti-hero. He is the opposite of all the heroes that we see on television, yet everyone is always cheering him on, anticipating what will happen to him next. Maybe they can relate their own problems to his, or maybe he just makes their lives seem okay in comparison, but the public just loves Rod."

Chrisman is vague when referring to whether or not The Boy is real. "Part of the fun of radio is using your imagination. People will come up to me and say, 'I know you do this voice, but what about that one?' I do most of the voices, but not all. And all the characters have their own identity; they are not me, so to speak."

When you combine Chrisman's multitude of characters, you get what he refers to as his "crew." The most regular member of his crew is Kathy Collins, better known as "K.C.," who comes from a background of entertainment. Her father, Brian McDonald, was a radio personality in Pittsburgh and her mother was involved in the Ice Capades. "Back in 1988, the producer and I got together to discuss the addition of a female into the show," Chrisman says. "All the major markets had morning teams, or zoos; mine consisted basically of just me. It always sounded like there were a lot of people, but that just wasn't the case. Kathy has added a lot to the show. She became another person to play off of and she had audience appeal from the very beginning. Kathy can hold up her end of the show with her ability to ad lib and we work well together."

K.C. takes a lot of on-air verbal jousting, but says, "Gary and I had been friends for many years before I came to KISS FM. It really helps when you're doing a dialogue show to genuinely like the person that you are working with, and Gary and I are blessed by that privilege. Everything comes naturally. We are having fun and the listeners can sense that. I think that is part of the show's appeal."

Aside from its characters, the morning show has become famous for its games and contests. One of the contests is "Create a Joke," where callers fill in the blank to a set line such as "You know you've got a rotten kid when _____."

The person who calls in with the funniest, most off-the-wall response wins the contest. One of the craziest games was the Cordless Telephone Olympics. During this, Chrisman created a variety of events, ranging from beeping your horn, to flushing the toilet, to waking your neighbor. "You get the craziest people calling in for these games," says Chrisman. "They are willing to do anything."

The program did run a rather controversial call-in show last year. Chrisman asked the audience to respond to the question, "What is the most

unusual place that you've ever made whoopee?" Chrisman admits, "It does tend to approach the border of what you can do on radio, but when done tastefully, it can be very funny. By the use of the word 'whoopee,' taken from the *Newlywed Show*, it creates an innuendo that people can relate to without being offended."

Chrisman was correct in his assumption of the public not being offended, because the show received such great response that there may be a "Part II" in the making soon.

Although Chrisman sometimes touches on the fringes of acceptable humor by throwing in sexual comments, he gets few complaints. He says, "I worry, sometimes too much, about offending people; but sometimes it happens. The funny thing is that when it does, it is over something that you never would have thought of in the first place. Sometimes you step on a few toes, but you don't set out to offend."

Chrisman is against the concept of "shock radio," such as Howard Stern's show in New York, where the disc jockey deliberately attacks the public and tries to get away with everything that he can. Chrisman believes that there are certain ethics to be followed. "I don't feel that it is right to deliberately set out to offend," he says, pointing out, "you stay especially alert to not hurting those who may be less fortunate than yourself."

But, Chrisman

"Part of the fun of radio is using your imagination."

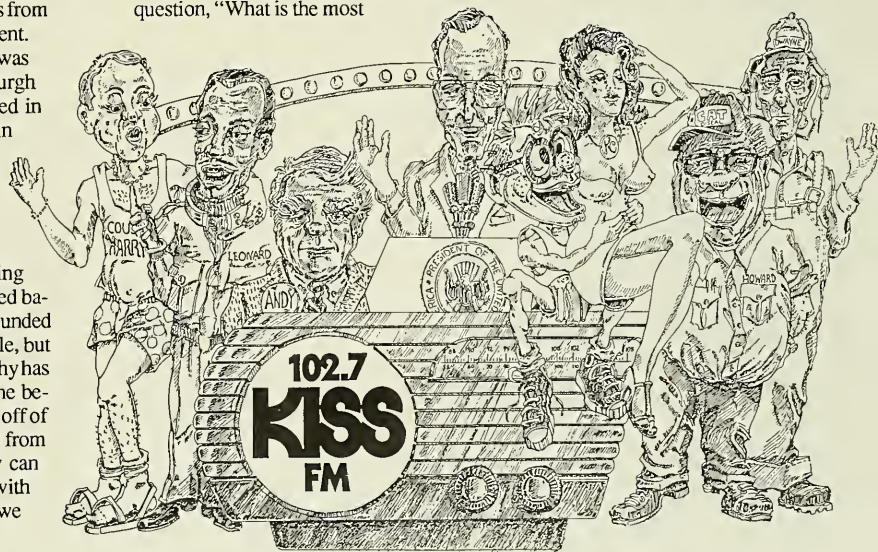




Photo by Dan Trexler

Gary Chrisman congratulates a winner during "Stump the Band," a segment included in his road show.

sometimes creates his own shock with his character, the man from Muncy, who sings parodies about current issues. For example, in November, the man from Muncy sang about the recent influx of persons from Philadelphia and surrounding cities.

This has been a concern because the newcomers include many recovering alcoholics and drug addicts whom Williamsport residents blame for the recent crime increase. The court subpoenaed the song as evidence to support the removal of a murder trial from the Williamsport area. The defendant's lawyer used it to support the belief that his client, a recovering alcoholic, could not receive a fair trial because of the controversial nature of the influx situation.

Chrisman spends an hour or two each night preparing his material for the next day's show. "Sometimes after staying up late at night, it is hard to get yourself started again at 4:45 a.m.," he says. "But it is the people who make it all worthwhile. For some reason they count on you to start their day. So, even if you feel lousy, making one person out there laugh makes you feel better, as if you have a purpose."

Born and raised in Williamsport, Chrisman went to the University of Miami where he majored in mass communications. In Miami, he worked as the sports director of the college radio station. "It was a great experience," says Chrisman. "I got a lot of air time covering about sixty

games a year, including live broadcasts from the Orange Bowl."

Following graduation, he returned to Williamsport. "I never really expected to come back," he says, "but job hunting was slow and I needed money. So I came home, and I stayed."

Chrisman got a job as a disc jockey with WHPA, Williamsport, where he had worked previous summers. His original plan was to earn enough money to return to Miami but, as he says, "I received an offer I couldn't refuse"—a chance to develop his own show. He remained with WHPA for eleven years doing a variety show similar to the one on WKSB.

In 1984, Chrisman was selected as Central Pennsylvania's favorite disc jockey in a contest run by WNEP-TV. The honor led Chrisman into doing some television features with *PM Magazine*, a syndicated show run on WNEP at the time. The highlight of the show was a trip to California, where he spent eight days and covered fourteen stories.

While in California, he did a feature on the cast of *General Hospital*, and an interview with Doug Barr, who co-starred with Lee Majors in *The Fall Guy*.

While there, he also got a chance to cover the 30th anniversary of Disneyland and the ASCAP Music Awards, where he interviewed several stars including Kenny Loggins, Donny Osmond, and Billy Idol.

Chrisman also covered more local sto-

ries, including a 'hot dog war' in Williamsport, where two shops less than ten feet away from each other competed for the best hot dog. Another highlight was doing a promotion with the original cast of *Leave It To Beaver*.

Chrisman worked with the dual radio and television career for three and a half years, but then *PM Magazine* was canceled.

About the same time, WHPA began to slip in ratings. "It became a turning point in my career," says Chrisman. "It was a matter of did I want to do more TV or radio? Did I want to think about heading back to Miami and a bigger market?" KISS FM solved Chrisman's dilemma.

At the time, WKSB was a 53 kilowatt regional radio station that was just sitting dormant. The idea of being an underdog station with the possibility of becoming number one excited Chrisman.

"Nobody had done anything to make the station a big winner and knowing that it had the potential was exciting," he says. "All of a sudden the scope of what I could do had been expanded and I could now be heard in areas within a 100 mile radius. That became what kept me, and will continue to keep me, in Williamsport."

In addition to being the morning disc jockey, Chrisman is also the promotions director of WKSB. He spends a lot of time outside the studio doing live remotes, class reunions, and high school dances. The station has also started a new project, the Chrisman Show on the Road.

At the show, viewers will see several members of the crew, including a live appearance from the Boy Rodney. They will also get a chance to play many of the games from the show, such as "Stump the Band," where participants request a song and if the band doesn't know it, they win.

The show has live musical entertainment and of course, stand-up comedy from Chrisman himself.

"It is a great experience to be able to see who your audience is and to receive feedback from them," says Chrisman. "Over the air you can only guess if a joke was successful. This gives us a

chance to get to know our audience better."

The first show was held in August, with a second in October. Hundreds were turned away at the door.

In 1987, Chrisman started his own business, Cable Sports Productions. This is a local company that televises area high school sports. Chrisman organizes and sells the project on his own.

With such a busy schedule, it is no wonder that this 37-year-old has not found the time for marriage. In 1987, Chrisman was ranked among the most eligible bachelors in Central Pennsylvania by *Northeast Magazine*.

"I've never been married, but I guess you could say I've been divorced several times," Chrisman jokes, referring to short-term relationships in his past. "With such a hectic lifestyle," he says, "it is hard to find the time to devote to a relationship. But someday I'd like to get married and have a family."

So, what is the secret to Chrisman's success? Probably that he makes such great efforts to get to know his public and to keep his values intact. "It is the people out there who have made everything possible for me," says Chrisman. "They gave me my success and they can take it away. You have to keep things in perspective.

"If all I could have done was jock records and give the time and temperature, I never would have made it."

You can't let yourself get too satisfied and walk around thinking you are great, because that is when you become a target and get shot down. But, you can't sell yourself short either."

Chrisman believes that another key to success is to stay natural. "You're always on the air," says Chrisman,

"You're always a representative of your station. It is much easier to bring yourself into your show, than your show into your life."

Thinking back, Chrisman doesn't regret not going back to the fast-paced lifestyle of a larger market. "The longer I stayed in Williamsport, the harder it became for me to leave," he says, pointing out, "My family is here, my friends are here, and now my career is here as well."

His latest venture is with AAA World Travel in Williamsport. They approached him with the opportunity to

host trips to various places. The first of the series was to California to see the Southern California-Penn State football game. The second trip, scheduled for March, is a Caribbean Cruise with the Carnival Cruise Line. Chrisman says with certainty, "If you're willing to go that extra mile for success, you will get it." S

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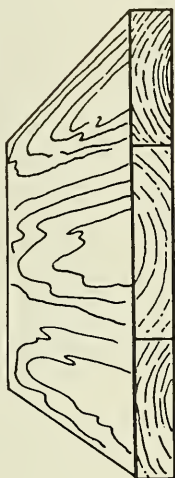
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THE HOUSE

that love built



Photo by Mike Zarrett

Tong Ba Ho's new home was rebuilt by volunteers from Bloomsburg's Habitat chapter.

With the help of dedicated volunteers, Habitat for Humanity helps needy people build homes

by Kami Silk

The construction is over at 236 East First Street, Bloomsburg. However, the house, built by Habitat in Bloom, is not yet a home. Only half a family resides there and it won't be a home until the entire family is together.

Almost three years ago, Tong Ba Ho, 39, and his two sons, Tung, 16, and Dat, 13, emigrated from North Vietnam. The three were sponsored by the Lutheran Trinity Church in Milton.

"They sent us the tickets and when I came here I worked and paid them back," says Ho, a welder.

Ho's wife and three other children will hopefully be able to join their family within the next year. They are waiting, like thousands of others, to get through unavoidable bureaucratic "red tape."

"I miss my family," says Ho. "I have not seen them in a very long time."

Ho lived in a rented house in Espy before he learned about Habitat for Humanity, an organization whose goals are to eliminate poverty housing and make decent shelter a matter of conscience and action. He found out through a friend how Habitat helps needy people build houses by working with the family and volunteers.

"My tutor, Tim, told me about Habitat,

and then I got papers to fill out," says Ho.

After filling out the application to become a candidate for a house, Ho was interviewed by Habitat in Bloom's family selection committee. The committee looked at his willingness to become a partner in the program, level of need, and ability to repay the loan.

"I don't know of anything I've ever seen that illustrates love in action like Habitat for Humanity."

Five families applied to the project, says Bob Peiffer, vice-president of Husky Habitat, Bloomsburg University's chapter of Habitat for Humanity. "Ho's family was the only one able to invest the 500 "sweat-equity" hours that are required by Habitat."

Families work in cooperation with volunteers on their house, thus providing a personal involvement for all that has nothing to do with charity.

"It's not a handout, it's a hand-up," says Peiffer.

In addition, each family is required to put in an additional 500 hours of work on other Habitat sites in addition to the work they contribute on their own home. This helps extend the family's relationship with the organization and also continues the cycle of building new homes.

Habitat for Humanity is a worldwide Christian housing ministry founded in 1976 by Millard Fuller and his wife, Linda. Both saw the need to help those who were trapped in poverty housing and increasing debts and realized that every person has the right to decent shelter. This new organization would raise funds, recruit volunteers, and provide procedures and expertise to develop around the world a better habitat for people.

"What the poor need is not charity but capital, not caseworkers but co-workers. And what the rich need is a wise, honorable, and just way of divesting themselves of their overabundance," says Fuller.

Former President Jimmy Carter is an advocate of Habitat, and can frequently be seen working along with other volunteers to further a cause which he terms "a miracle of love from God."

Carter has given Habitat its visibility

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and he has drawn publicity with his public service announcements, direct mail campaigns, media contacts, and personal labor contributions.

"I've travelled almost everywhere in the world and don't know of anything that illustrates love in action like Habitat for Humanity," says Carter.

Every year he also sponsors a work project. Usually for about a week to ten days, people come from all over the country to help in a mass production of houses.

Through tax-deductible donations of money, materials, and volunteer labor, Habitat builds and rehabilitates various houses with the help of the future home owners.

Houses are sold to partner families for no profit, with no-interest mortgages, which are issued over a fixed time period. Ho is expected to pay a small monthly mortgage payment for the next twenty years, and the money is deposited into the fund for Humanity which supports the construction of more homes.

Habitat in Bloom bought the house on East First Street for \$16,500. It was a dilapidated structure that was an eyesore to the community and a burden for the

owner. About \$10,000 worth of construction went into the site, and many things like furniture, curtains, and piping were donated.

"The roof of the house was damaged from a fire. So, at first we had to put a new roof on," says Al Welk, co-chair of the Site Selection and Building Committee. "We originally were going to make it into two houses, but Ho has a

large family and there wouldn't have been enough room for them all."

Ho's house is a two-story, three bedroom, one-and-a-half bathroom house. It has a large living room, a kitchen with an adjoining dining room, and a base-

ment which is still being worked on by Welk. He has installed dry wall, insulated and painted the room, and put carpet down. He is now looking for a desk to finish off the room.

"I'm trying to make this into a study room for Ho's two boys, so I need a desk," says Welk, noting, "They are both very good students." According to Welk, the two boys have adapted easily to American culture, despite missing the rest of their family.

"Back in Vietnam," says Ho, "my wife

**"What the poor
need is not charity
but capital, not
caseworkers but
co-workers."**

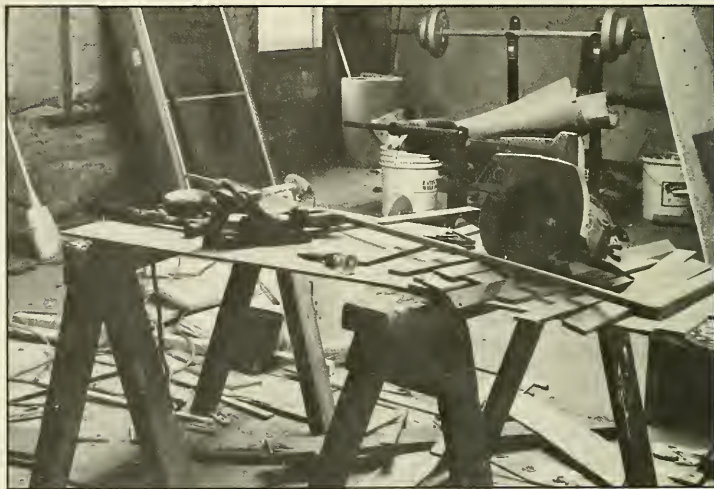


Photo by Mike Zarrett

The basement of Ho's house, still under construction, is the site of his young boys' future study room.

cooked and took care of the children and house. Now I must do this." Ho was a North Vietnamese soldier who even then didn't get to see that much of his family.

In Vietnam, he lived in a house, but it was much smaller than his house here. Bicycles are very popular modes of transportation, but people are able to have cars too. "In Vietnam, I had my own car because I was a soldier. Soldiers are treated better by the government," says Ho. "But I left because I did not want to live in a Communist country."

There were a few adjustments that the Ho family had to make. Of course, there was the language barrier, but Ho's tutor helped him learn the basics of English. Another adjustment was American food. Welk explains for Ho: "American food is too strong for their stomachs. They are used to bland foods and they eat a lot of chicken, fish, and rice. Their systems just can't take the richness and heavy foods we eat. Ho has been having stomach problems and is now going to a doctor."

Ho says every once in a while he'll eat fast food, but he doesn't really like it that much. He goes to a special Vietnamese store and gets rice, noodles, fish, and soy as well as other native foods.

Another adjustment was American television. It is much different than Vietnamese television. Ho couldn't explain the differences specifically, but says that Americans have a lot more television shows and they watch TV a lot more. He says the shows are very funny, but he still borrows Vietnamese tapes from friends.

"I like watching cartoons," says Dat, Ho's 13-year-old son. The father and two sons are doing well, but they wait for news from their family to come join them.

The construction of this house has given residents of Bloomsburg and students from Bloomsburg University an opportunity to work toward a common, charitable goal. "One of the biggest problems initially was raising the money for the house," says Peiffer. "But eventually the biggest problem was finding enough work for volun-

teers to do—the response was overwhelming."

Residents and students gathered on Saturdays and weekday evenings to volunteer their services. Local churches signed up members and also pledged members to help. Everybody was able to join together and forget about their differences.

"It was really funny," Peiffer laughs. "I'd see a retired Bloomsburg man working with a college freshman and it was amazing to see how well they worked together."

The community realizes that many families in the area live in substandard housing and they want to help solve the problem. Volunteers for Ho's house ranged from the residents at a drug and alcohol rehabilitation center to a boy scout troop.

"We were surprised at all of the help local businesses offered," says Denise Johnson, executive secretary of the Bloomsburg chapter of Habitat for Hu-

manity. Among many who donated, Dent Plumbing, Bloomsburg, donated over \$2,000 in piping and plumbing materials. Master Mechanics, a heating and air conditioning company in Berwick, only charged for materials, and the Rotary Club donated \$1,000.

More recently, Habitat in Bloom and Husky Habitat are working on some new projects. One project is a new site for the Women's Center. The volunteer organization is relocating and Habitat has decided to help them with labor and materials.

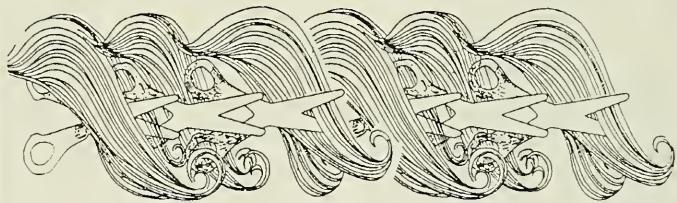
A trip to Guatemala is also planned for January 1991. Participants will be building a house and making clay bricks. Twenty students and volunteers will be taking part in the project.

Habitat has helped not only a Vietnamese family, but has also contributed much to the lives of the volunteers. Participants on Ho's house can feel good, knowing they have helped a man build a foundation for his family.

Volunteers have come and gone, leaving behind the potential for a family to start a new life. But the Ho family will not reap the benefits until the family is reunited. **S**

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I've not seen
them in a very
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Photo by Jenna Moon

BEARING ALL IN BRIAR CREEK



by Karen Sheehan

When Oscar Welsh decided to cut down the two old spruce trees in his front yard to avoid any danger they might cause during inclement weather, he was unaware this decision would lead to something special in the hearts of Columbia County residents.

Welsh and his wife, Nora, moved from Berwick to Briar Creek in 1959. The two trees stood in their yard since the Welshes moved there. Oscar never really thought about cutting down the trees until they reached the point where they could cause damage to his home. When the time did come for the trees to be cut, Welsh had a little more than a "bare" spot in mind for his front yard. "I didn't want to look out my front window and see an empty space replace the trees I was so accustomed to seeing," says Welsh. He decided to do something unique and the words "bare spot" gave him an idea.

Welsh contacted Dennis D. Beach, a local carver and ice sculpturer, to carve two life-like bears from the tree stumps. While working for Asplundh Tree Service, Beach spent his coffee breaks fabricating wood into figures of various



Photo by Ruth Ann Travelpiece



Photo by Ruth Ann Travelpiece

shapes and sizes. This hobby has turned into a full-time profession for him. Beach now spends his time using six different chain saws, transforming dead logs into incredible works of art.

Using the wood from the two pines, Beach carved the bears for the Welshes in October 1988. It took him four hours to carve the 6 1/2 foot bear and only two hours to carve the smaller bear that stands four feet high.

Because the bears are the products of two trees that once occupied their land, the Welshes think of the bears as part of their family and take extremely good care of them. The bears are so defined and precisely cut, that Oscar must use Aquatrol to help preserve them. He sprays them with this substance to harden the wood, keep water from seeping in the crevices, and prevent ice from cracking the wood.

Carving the bears from tree stumps was a unique idea in itself. However, it was Ruth Ann Travelpiece, the Welshes' daughter, who expanded and brought increased attention to this idea and made the bears the enjoyment they are to so many. She is the one who decided to dress the bears in seasonal attire.

It began in the Christmas spirit of December when she put Christmas hats on the bears. Nora loved the idea and the two began adorning the bears with seasonal headwear and clothing. "We started with old hats and scarfs," says Nora, noting "They were easy." They immediately received comments on the bears, and their increased popularity motivated the Welshes to continue

decorating the bears, and even to improve their costumes with homemade creations. They began dressing them for holidays, graduations, birthday parties, and even for football season. Ruth Ann and Nora change the costumes almost every month according to the time of year. In the past two years, the bears have been decorated for Halloween, Thanksgiving, Christmas, Easter, Mother's Day, Father's Day, July 4th, football season, and have even been seen sporting bathing suits and other appropriate attire in the summer.

It often takes Ruth Ann and Nora one or two hours to dress the bears in their costumes. "We have to be careful not to damage or crack the wood with the thumb tacks we use to keep the clothes from coming loose and falling off," says Ruth Ann. "We've grown quite attached to them, especially now that our five children are all out of college," says Nora. "My son's room has even become the storage room for the bears' clothing," she adds.

The Welshes' house, located along Route 11, provides a prime location for observers and passersby to view the bears. "The amount of people we have complimenting the bears is unreal," says Nora. The bears have become well-known to people not only in the community, but to frequent travelers of Route 11 as well. It has reached the point where people consistently look for the bears and ask, "what's next?"

"We enjoy the attention and love experimenting with scraps of material to see what we can come up with next,"

says Nora. The Welshes have even received letters from people thanking them for the enjoyment the bears provide.

The Welshes say they will continue to dress their bears with different costumes. "We now even have people making suggestions and offering to help," says Nora. People have donated material for costumes including old football sweatshirts, graduation gowns, and flags, all in helping to make the bears look good.

The bears turned out to be an enjoyable attraction as well as a smart business deal for both Oscar Welsh and Dennis Beach. Beach charged the Welshes \$140 to carve the two bears and attributes much of his later business success to the bears. People stop all the time to find out if the bears are for sale or where they can get them. "We just hand them Beach's business card," says Welsh, who also uses the bears to give directions to his house, which also happens to be the site of his towing business.

"A year ago, Oscar and I attended our high school reunion; we couldn't believe our bears were the topic of conversation," says Nora. "We never expected such a reaction," adds Oscar. The Welshes' bears have had much the same effect on many residents as stuffed teddy bears have had on children. And, like real bears, they are lovable, appealing, and so unique in many ways that people can't help but be attracted to them. And, most importantly, these bears don't hibernate in the winter. **S**



Photo by Ruth Ann Travelpiece

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SKI

WONDERVIEW



by Sue Dashiell

Why the big "SKI" sign on the hillside in Wonderview? There aren't any slopes in the Bloomsburg area. Local skiers have to pack up their equipment and head to the Poconos, an hour away. However, things weren't always this way.

In 1966, Clyde Yohey and his family opened the Wonderview Ski Lodge. It was a public lodge, visited mostly by local residents. Curt Friend, 26, Wonderview, began skiing at the lodge when he was 11 years old. "I went every day," says Friend. "Me, my brother Allen, Gary Ohl, and Denny Achey always had a lot of fun there," he remembers. Allen Friend, 29, Wonderview, agrees, "Tobogganing was always my favorite thing to do there." Denny Achey, 30, Bloomsburg says he liked the lodge because, "It was convenient. It was right in Bloomsburg so you didn't have to travel to go skiing."

The lodge offered everything the big resorts offer. It included four slopes, a rope tow, a tow bar, and the first triple-chair lift in the area. "The lodge had a large open area with a big fireplace," says Yohey's son John, recalling the lodge also offered a snack bar, ski and boot rentals, skiing lessons, season tickets, and night skiing.

The slopes usually opened a few weeks before Christmas and closed about mid-February. "As soon as it got below 32 degrees, I started making snow," says Yohey.

He and his sons, John and Dave, made snow using several high pressure pumps running from a man-made lake near the slopes. The pumps used over 100 gallons of diesel fuel per hour and could pump 750 gallons of water per minute. When the Yoheys had enough snow for a good base, they cleaned and oiled the lifts and opened for business.

According to John, an average week day brought in 100 to 150 people. Weekends were busier, bringing an average of 400 people per day to the lodge. The Yoheys ran the lodge with the help of both family and friends. "We would run the lifts, rent out skis, or help him make snow," remembers Curt Friend. "My aunt sold lift tickets and the kids who lived upstairs worked for free skiing," adds John.

Although the lodge opened in 1966, it wasn't until 1969 that the A-frame which displays the "SKI" sign was built. The original ski lodge was the basement of the A-frame. The SKI sign which can be seen from Route 11 was built into the roof of the A-frame. The letters are about 100 feet high and were made by using gray and black shingles on the roof. Yohey decided to put it there because, "it was the cheapest way to make a sign."

The Yoheys needed the advertising. The lodge didn't have much business, although it was the only place in the area to ski. "The people around here were just not interested enough to make it work," Yohey says. "We expected a lot more business from the college, but we didn't get it."

Along with a general lack of interest, Yohey believes the winter weather also played a part in the lack of business.

"When there's no snow on the ground,

people don't think about skiing." In the '70s, the lack of business was coupled with rising fuel costs, making it even harder to keep the lodge going. "In the '70s, it cost us about a thousand dollars each night to make snow," says John. Since the cost of a lift ticket was only four dollars and the lodge wasn't busy enough to cover the cost to make snow, the Yoheys were losing money. "We were going in the hole every year," says Yohey. It was no longer feasible to keep the lodge open.

In 1976, the Wonderview Ski Lodge closed. Yohey went back to his career as a land developer, building up such areas as Red Lane, Scenic Knolls, and Wonderview. The lodge was given to Yohey's four children. The lodge and A-frame are now rented to Bloomsburg University students. The lake used for making snow has been plowed under, and the slopes are being sold as building lots.

Although the Yoheys have fond memories of its past, they have no plans to reopen the ski lodge.

In a few years, when the A-frame needs new roofing, all evidence of the Wonderview Ski Lodge will be gone. All that will remain are the fond memories of those who once skied there. **S**



Photo by Jenna Moon

BANG, BANG



YOU'RE RED

Many of us played Cowboys and Indians in the woods near our homes while we were growing up. We built tree forts and chased each other with toy guns, pretending to shoot each other. Usually, we outgrow this sort of thing when we discover the opposite sex.

Usually,

In Columbia County, however, there's a group of men who haven't outgrown this childhood game, and don't plan on doing so in the near future.

The game these men play is called Paintball, and it is one of the country's fastest growing sports. The principle of Cowboys and Indians is still a factor; however instead of toy guns they use gas-powered paint guns.

The guns shoot paint pellets, small round balls containing paint surrounded by the same type of plastic used in cold capsules. When they hit a player, the plastic coating breaks, splattering water-based paint on the victim.

It's difficult to know whether it was their love of childhood games or their fascination with guns that got these men involved with paintball; most likely, it was a combination of both.

By day, Dan Gordner, 30, Danville, is a mild-mannered school bus driver for Bloomsburg High School. His spare time is devoted to managing his own paintball facility, Paintball Wizards, in Danville.

A fast-growing war-game provides a temporary retreat while letting you splatter your friends with paint

"We [the Wizards] had all read about these types of games and always thought it would be fun to chase each other around the woods shooting at each other with those paint guns, but nobody wanted to buy the first gun," says Gordner. "Finally, one Sunday, we just decided to do it."

The difficulty in obtaining equipment, as well as his

belief that the area needed a facility like this, prompted Gordner to open his own store.

"In the beginning, the only equipment available was through mail order," he says, "so, I decided to go into the retail end of it. It certainly has helped us out quite a bit."

Doug Wagner, 31, Buckhorn, also drives a school bus for Bloomsburg High School. But every other Sunday he's the captain of the local paintball team known as the Wizards.

"We started playing the game last summer in the very same woods we have the field on now," says Wagner. "A bunch of us got together to play. We started out with pistols, but now we're into bigger guns."

Wagner became the captain of the team because of his playing prowess and experience with the game. Although none of the men have had actual military experience, the teams do utilize the rank system to maintain order.

"It helps if there is a clear chain of command," says Wagner, "especially

Story by MIKE MULLEN

Photos by MIKE ZARRETT and JANE MEHLBAUM



Trees and brush are the only shelter the players have as they advance on the enemy.

in areas of defense plans and offensive strategies, as well as settling arguments during the course of a game. The team can't play very well if they use up time arguing. The leader makes a quick decision based on his experience and the team follows it — no questions asked." He quickly adds that that doesn't mean he doesn't take suggestions "to improve morale."

The two men have been playing for about a year now along with team members Steve Riley, 23, Buckhorn, a construction worker; Tim Carr, 31, Buckhorn, an Industrial Arts teacher at Columbia-Montour Vo-Tech; and Brian Gough, 38, Berwick, a construction foreman.

Most of the men enjoy the sport for different reasons, but the most popular reason is they can get away from the real world for the short time they play.

The game is relatively simple and has many variations. Basically, there are two teams ranging from five to fifteen members. Each team has a flag and a flag station. The object is to capture the opponent's flag and return it to your flag station before your opponent does the same.

Each team member is armed with one of

any number of paintball guns that range from pistols to automatic loading rapid-fire models.

The guns use carbon-dioxide gas to fire the pellets and are regulated so they fire no more than three hundred feet per second; they have a range of about one hundred feet.

The size of the field varies from place to place, but usually tournaments are played on fields about one hundred yards wide and four hundred yards long.

Team members are eliminated if they are hit with a paintball and it breaks on them, splashing them with paint. No matter if they're hit on the hand or on the chest, they are still eliminated. It doesn't count if it doesn't break and sometimes, Wagner says, "you get players that run a hundred yards away to check themselves and make sure it broke."

This can cause problems though. "Sometimes they cheat; they wipe the paint off and come back and keep playing," says

Wagner. "In fact," he says smiling, "we were playing a team a while ago that was just running all over us for the first few games. Our guys were complaining that they saw the ball hit and break, but they weren't calling themselves out. So we just decided to keep shooting them until they screamed. After a while you get tired of being hit, because it can hurt. Once we started playing like that, we won the last four games of the day. Now we play that way all the time."

The way the Wizards play now is far from their humble beginnings. "The first game I played was in November 1989," says Gordner.

"We rented guns from a place in Milton and by the second time we

played I had my own gun. I figured it was something I was going to stay into."

According to Wagner, one can buy a good gun, goggles, mask and belt to carry ammunition, for about \$350. To rent a gun, goggles, mask, paint, gas to run the gun, and use of the field for the day, the cost is \$20 from Paintball Wizards.

With nine months under their belt, the Wizards figured they would try a tournament at Jim Thorpe this past August. "We lost nine of ten games," Gordner says shaking his head. "We played against teams from across the country and we just got walked all over." Wagner adds, "We weren't used to playing on a field that small. We used the whole field up here and weren't ready for that type of game. It was much faster; there was more shooting and more teamwork required. It was definitely a learning experience."

Wagner and Gordner also point out that the tournament was one of the reasons they shrunk the size of the field they play on now. They also say they don't do much traveling anymore.

"We visited a place in Harrisburg once," says Wagner, "but it was no better than we have here. In fact, it was pretty awful, especially the night game they planned. It was poorly organized and poorly run."

There really is no need to travel, says Wagner, because the sport is very popular. In addition to Danville, which has two teams, there are also local paintball teams in Milton, Williamsport, and Sunbury.

The Wizards have encountered some obstacles to the game, though not major ones.



Even without good cover, a defensive player can be effective if he remains perfectly still.

"We have had a few people stop in our store and state their opinion," says Gordner, referring to anti-gun people in the area. "People are running around in camouflage clothing, carrying something that looks like a gun," he says, but claims that "people who don't understand the game look at it right away and label it as wrong. Then again, people do that with a lot of things."

According to Gordner, the sport isn't just for people who like real guns. "Some of the guys who come out don't even own a real gun, it just happens to be what got us into it."

He isn't saying the anti-gun people have given him or his store a real hard time though—at least not yet. "We try to explain it as a game," he says. "It's a sport, and like any other, it teaches kids to work together, to play on a team."

The Wizards agree it is a good sport for

teens for a variety of reasons. "It's better than sitting around all day or running around town," says Gordner. "Here, they're supervised all day, playing the game with us. Some parents drop their kids off in the morning and pick them up later in the day."

"My boy plays," says Gouth, "and through playing paintball, he has developed a sense of responsibility. He has worked for every penny he has spent on it. If he doesn't have the money, he knows he isn't going to get it from me or his mother. He has to go and earn it."

Carr also claims that paint guns are nice alternatives to BB guns. "They are a little more expensive," he admits,

"but they're much safer. You can use them a lot more often and have more fun with them."

"They are safer for a few reasons," says Gordner. "First, a paint gun's speed can be regulated and it can be slowed down depending on the age of the player. Second, even at its

**"Let's face it,
you're talking
lead vs. paint
when it comes to
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regular speed, the pellet isn't travelling as fast as a BB. And third, let's face it, you're talking lead vs. paint when it comes to ammunition. The paint gun is obviously safer for younger kids."

While age isn't much of a factor, it is a consideration when forming paintball teams. "It's hard to put an age limit on the game itself," Gordner says, "but I wouldn't want a team of kids playing against us older guys, so we mix them up when they come to play."

According to Wagner, this is the reason they developed a second, younger team. "It's made up of the younger kids and called Wizards II," he explains. "When they get their whole team together, we'll call other teams their age for them to play."

One of the drawbacks of the game is the cost, especially for teens. "You don't have too many people that come out for just one Sun-

day, but it does happen," Wagner says. "Usually, if they rent the gear for one or two games, they end up buying it."

"It is expensive to buy your own equipment," says Gordner. "Still, I don't think twenty dollars is bad for one day; you spend that much in a day at Knoebels."

"You also get guys who come in and say 'Wow, \$300 for a gun, I can get a deer rifle for that!' Well, great, but my deer rifle sits in a cabinet and I use it maybe twice a year. This is something you can use every Sunday, or every

other Sunday, or once a month and have a great time doing it," he adds.

Gordner told a story about a woman who came into his store looking for a gift for her husband. "It was their anniversary and she wanted to get him something different," he

"I have so much running through my mind all week. Sunday is the one day when I can come up here and think about nothing but paintball."

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PAINTBALL

Playing the game

Since the only way to understand the experience of playing the sport of paintball is to actually play the game, I was invited to go out with the Wizards. Of course, I was the last one picked when we divided up for teams, and though I was armed with an SL-68 pump-action rifle, an excellent gun, I was not very feared by the other team. The only solace was that I was on the same team as Doug Wagner, the Wizards' team captain.

Game One: Wagner recognizes that we are outgunned and inexperienced, so he double-knots the flag to a tree at our flag station (This is illegal; usually you just drape the flag over a branch). He explains his reasoning to us and we agree it is a small way of equalizing our teams. Of course we don't let the other team in on it!

The double knot gives our main defensive player, playing for just the second time and armed only with a pistol, a better chance to defend the flag. Two other members set up a perimeter defense, while I follow Doug and another player to capture the opponent's flag.

We encounter no resistance as we make our way to the opponent's flag. Wagner instructs me to snatch the flag while they cover me. The flag secure, we head back to our station. On our way we hear the horn blow, signaling the other team has our flag at their station. We lose the first game.

Wagner isn't upset with our play, he just mentions that our defense will have to buy us a little more time in the next game. *Score: 0-1.*

Game Two: I don't contribute much in this game, because having gone only 75 yards, our offense encounters their offensive unit. At least this is what I assume happens. I neither see them nor hear them, before my goggles are covered with orange paint, ending my second game.

It is an odd experience being hit for the first time. It doesn't hurt because my goggles and mask absorb the brunt of the attack. Still, I am apprehensive about trying to leave the field. First, it is tough to see where I am going with the orange paint, but I don't dare take off the goggles and expose my eyes to flying pellets. I make it out all right, but we lose game two. *Score: 0-2.*

Game Three: We switch flag stations and this time I volunteer to stay back and

defend the flag (actually I am really tired from all the running, although my second game ended quickly). I find good cover behind a tree about fifteen to twenty yards behind our flag. I move a fallen tree to guard my exposed side and lay perfectly still waiting for the enemy, a skill that will aid defenders the most, Wagner assures me.

My heart races when three opponents come forward to challenge our flag. After advancing slowly and checking the area to see if it is clear, the middle player moves in, covered by the other two. When he reaches the flag, I unload my ammunition as fast as I can, but I can't hit him because there is too much brush in my way.

Although I do make him run for cover, my area is immediately showered with paint from



Dan Gordner grins proudly after capturing the opponent's flag.

the two cover men, forcing me to hold my position. Fortunately, the tree provides ample cover from being hit, but I can't move.

When the other team starts to pull back, with my team's flag, I follow, firing at them and trying to delay their return. This time I am not as lucky, because as they return my fire, the tree I try to hide behind isn't wide enough and I am hit in the knee and the behind (which hurts!).

Still, just as they disappear into the brush, Wagner comes running back with their flag. Breathing heavily, he exchanges shots with another player as he sounds the horn.

I am happy and confident after my contribution to our win in game three. *Score: 1-2.*

Lunch: During this time, we sit around and talk mostly of experiences at other tournaments. Wagner and Gordner also give me and some of the younger players pointers on how to act in different aspects of the game (defense, covering other members, engaging the other team, etc.). It's a learning experience, but not as much as the actual field training had been.

Game Four: I again stay back on defense to protect the flag and find a great spot to use for cover. I can see the flag without being seen. The game is long. It's tiresome to hold my gun so long, trying not to move or be spotted. What makes things worse is that there is no action in my part of the woods. All the members of my team are out on offense and all of the noise is well in the distance, with the exception of the insects.

My goggles fog up and the noise of the insects begins to annoy me as I wait for someone to challenge our flag. With all but two men on each team eliminated (I know this because the men left the field and congregated on a nearby hill, and my only remaining teammate comes back to help me defend), the other team apparently thinks the game is over.

Thinking they heard someone call "game" (which means either time has expired or all members of one team are eliminated), our opponents leave the playing field. Our team considers this a forfeit victory because the other member of my team and I would have won even if they hadn't left the field. We had great position, and no one even got near our flag that game. The other team agrees to give us the win. *Score: 2-2.*

Game Five: In preparation for the last game of the day, we equip *Spectrum* photographers with gear and include them in a single flag game. Our team defends the flag against the other. As for the newcomers, who are on my team, my only advice is to stay low, stay hidden and don't conserve your ammunition—let it all fly.

I defend the south trail, but don't see any action until the very end when Wagner and I trade shots with some bad guys. He may disagree, but I believe I work well with him. I seem to grasp his instructions quickly, but am also able to make decisions on my own as well. We eventually lose, but so does everyone, because it starts to rain heavily. *Final Score: 2-3.*

As we head back to our cars, very tired and very wet, I am fairly certain I will be back to play again—if only to gain some revenge.

I guess it is addicting after all.

—MIKE MULLEN

says. "So she got him a gift certificate; he came and he loved it. The next week he came back with his son."

The enjoyment of paintball comes in a variety of ways, according to these men, but the funny things that have happened make great conversation.

Storytelling goes on between each game and even more during the break for lunch. It seems that the game is almost an afterthought when you get these guys talking about some of their experiences.

Gordner explains that it isn't like that at all the facilities. "When you finish a game at some places, you have five or ten minutes and you're right back out there," he says. "There's no sitting around talking, taking a drink, taking a break, shooting the breeze, because you're not spending money then. You're right back out there — *bang, bang, bang* — eight, ten games a day. You leave there and

your pockets are empty; you've spent every dime you had."

Despite all of its appeal, paintball is a hard

you get thirty guys out there, it's real work."

"When you stop to think about it, or try to explain it to your friends, paintball seems downright stupid. Why in the world would you want to run around the woods all day? Still, I don't know of anybody that has played it and didn't have a great time," he says.

Gordner agrees, guessing about ninety percent of those that play come back for more. "It's good exercise, both physically and mentally," he says. "The physical aspect is obvious, the running around and such, but the mental side is underrated. You do have to try to outthink your opponent."

For Gordner, though, it's the escape value he likes. "I like being in the woods," he begins, "and I have a lot of things going on. I drive a bus, I have the auto body shop, the

store, my parents' two businesses, so I have so much running through my mind all week. Sunday is one day when I can come up here and not think about anything but paintball." **S**



Photo by Mike Zarrett

After a hard day of paintball, the weary warriors travel the long road home.

game to describe. "It's impossible to understand the *feeling* of playing paintball," says Gouth, "unless you are out there and waiting for someone to come and take your flag. When

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Hanging in the Balance

by Michelle Epstein

If the vice-president of the Bloomsburg Area Chamber of Commerce is to be believed, downtown Bloomsburg is making a comeback after suffering the effects created by the opening of the Columbia Mall. However, many patrons and merchants believe that it will take more than a new wave of ambitious merchants and reorganizing on the part of the Downtown Bloomsburg Business Association (DBBA) to bring back the old downtown or even to create a new one.

The relocation of Sears and JC Penney's to the Columbia Mall in October 1988 had a "tremendous effect on the businesses along Main Street," says Ed Edwards, the vice-president of the Chamber. "We have had vacant storefronts and less traffic to the downtown." Since then, Edwards says, "We have been in the process of rebuilding and believe that the downtown is coming back."

Dr. Brian Johnson, professor of geography at Bloomsburg University and specialist in urban planning, says that the downtown is in a transition period. "It is trying to find out what it's going to be. The data is not yet clear," says Johnson. "I would hate to see it develop into a strip of discount stores."

In the 1800s, downtowns were the

sole sources for goods and services. They held a captive audience. "Today, downtowns need to zero in on specialty stores," says Johnson, "they need to draw people by returning to the past." Downtowns need to recapture the traditional flavor of days gone by with accessible walkways, sidewalk restaurants, and ice cream parlors—patrons need a place to escape the fast-paced world.

"Downtowns need once again to be places where people can socialize and be entertained," says Johnson. "With the malls and the shopping centers to compete with, downtowns like Bloomsburg must maintain their viability." Promotion, physical attractiveness, and a store mix that includes retail stores, service stores, and entertainment are necessary. Adequate parking and extra services from the merchants are also important.

Sandy Davis, a former president of the DBBA and former owner and operator of The Studio Shop, 59 E. Main St., decided to sell her business and is now working at the mall as a salesperson and part owner of Country Accents. "I felt like I was leaving a sinking ship," says Davis, "but when the

Downtown
**Bloomsburg
struggles
for survival
as it tries
to compete
with shopping
centers
and malls**

mall opened up, my business just dried up. There were days when I didn't make a single sale." Davis believes that the downtown needs the "right person" to bring it back to life. "We need street fairs, side-

walk sales, something happening every weekend, before the downtown will draw the amount of people needed to run a successful business," says Davis.

Since the opening of the Columbia Mall, downtown Bloomsburg has been in a period of "restructuring," says Lee Yost, current president of the DBBA and owner of Renaissance Art, Book & Frame, 239 Market St.

The DBBA, composed of about 50 members, refers to businesses which are not members and don't contribute time or funds, as "coat-tailors," says Yost. "They ride on the coat-tails of the Association and reap the benefits of what the Association accomplishes."

Members of the DBBA pay annual dues of about \$235. In order to be a member of the DBBA, a merchant must also be a member of the Chamber. Dues to the Chamber are about \$150.

Because the downtown is changing, says Yost, "We (the DBBA) are in the process of changing our bylaws and plan to become a fourth division of the Chamber. This will give us representation on the Chamber board."

The Association has had several promotional activities, including moonlight madness sales and sidewalk sales. "These local sort of promotions are fine for the businesses involved and we still plan to do them," says Yost, "but now they will be funded by only those stores involved, leaving the Association free to focus on the downtown as a whole."

According to Yost, the DBBA is hoping to hire a full-time "Main Street Manager" who can market the downtown regionally. It also plans to discuss the possibility of hiring an ad agency to help with the image of downtown Bloomsburg.

"We want people to know that downtown Bloomsburg offers specialty items that they might not find in a typical mall," says Yost. "We are 'over-retailed' in Columbia County, and we need to draw people from the outside; the best way to do this is by advertising regionally." Regional promotions are planned that will benefit all downtown merchants, instead of local promotions that only benefit a few.

If all this sounds familiar, it's because from 1982-1987, downtown Bloomsburg had a program called "Revitalization."

Beth Spokas, executive director of the Pennsylvania Downtown Center, was the downtown coordinator for Bloomsburg Revitalization. The monies came from the state department of community affairs and was called the "Main Street Manager" grant.

The amount given, about \$44,000, was distributed in intervals over a three-year span. Other monies came from the private sector and corporate banks. There was also a grant for the improvement of storefront signs. It matched the funds that merchants spent on either improving or buying new signs.

Revitalization's goal, according to Spokas, was to make the existing businesses stronger, promote the downtown image, make physical improvements, and increase economic development. This volunteer group was housed in the Chamber and, according to Spokas, "the



Photo by Mike Zarrett

Downtown Bloomsburg's Woolworth's Department Store opened its doors in 1921 and closed in January of 1990.

downtown was the most progressive during this time." The end came, says Spokas, when the monies ran out and "there was a collective bumout among the volunteers."

According to the Chamber, because it has incorporated some of Revitalization's goals into its own objectives, including retention and recruitment of businesses to the downtown, there are new stores and more traffic. Sandra Dotts, program coordinator at the Bloomsburg Chamber, says, "Almost all vacancies along Main Street have now been filled." Many of the businesses are relocations, but there are a few new businesses to the area including Travelworld, Phillips Emporium, Everything under 99¢, Sus-cue-hanna Ballroom, Dollar General and others that have not yet been released. "The variety that is needed is being added to the downtown," says Dotts.

The DBBA is searching for grant money, but according to Gerry Depo, town administrator, once the state or federal government has given a grant such as the revitalization grant, a downtown can't get another. "If the DBBA is going to succeed, it will have to get local government support," says Depo.

In discussion is a grant from the town of Bloomsburg in the amount of \$30,000. This money would be used for the first year and would possibly pay for the full-time Main Street Manager. According to Edwards, the Chamber is prepared to absorb overhead cost, staff



Steven Kennedy, Boyertown, completes work on the Sus-cue-hanna Ballroom, part of downtown Bloomsburg's restructuring.

Photo by Chris Lower

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support, office supplies, phone usage, among other things. However, out of the \$12,000 generated by DBBA membership dues, the DBBA pays \$5,000 to the Chamber. Dotts says that when the DBBA becomes a fourth division of the Chamber, that this amount will be changing.

The town has some grant money targeted for downtown use, available for low-interest loans. The grant money is available through a commercial revolving loan fund. According to Depo, there is \$600,000 loaned to downtown small businesses; about \$80,000 is still available. "Given all the downtown businesses that have taken out low-interest loans," says Depo, "there is continued need for downtown assistance."

After the end of "Revitalization," the town implemented a tax called the "gross receipt tax" on businesses. The retail tax is 0.15 percent of a business's gross receipts per quarter. Although it isn't a large tax, many merchants are upset about it. Susan Grace, owner of Grace Pottery/Craft Gallery, 16 E. Main St., says that it is an unfair tax. "If we have to have a tax then it should be on our net profit, not on what we gross," says Grace. Some merchants believe that they are paying more than others.

Edward Podany, owner of Allen's Subs, 10 W. Main St., is also opposed to the tax. "Nobody likes taxes," says Podany, "it's that simple."

According to Edwards, it's a regressive tax. "It's an unfair tax that singles out the business community." Depo says the tax is critical to Bloomsburg's financial stability and continued growth. However, if the reassessment of the county lowers taxes in 1992 for owners in the downtown, many merchants believe that the town should do away with the gross receipts tax. Depo says the monies collected go into a fund called the "general fund." "These monies are used for the general good of Bloomsburg

and for such things as snow removal and the upkeep of the downtown," says Depo.

Spokas believes that the DBBA can succeed in implementing a new program for the downtown, but it will need commitment and be able to develop a consensus among the group.

Spokas says there is a trend in downtowns all over the country to 'bite the bullet' and redirect their resources to regional and image marketing. "What the DBBA is planning is risky and *avant-garde*," says Spokas, "It's just not traditional, but with the way downtowns are changing, it's the best strategy to take."

"People need to be reminded that shopping downtown is different from shopping in a mall," says Yost. For example, Country Charm, 36 W. Main St., does special ordering for their customers. According to Sue Pensyl, store manager, Country Charm is known for its extra service and catering to people's needs. "We also advertise regionally," says Pensyl, "and draw people from all over the country."

Al Lenzini, owner of Al's Men's shop, 49 E. Main St., is known to add a free pair of socks to an order and even lets customers take clothes home to try on before purchasing them. He's been in business for 35 years and says he is doing better than ever. "It's due to good value and personal attention," says Lenzini.

Eudora Acornly, owner of Eudora's Corset Shop, 1 E. Main St., says one of the major problems of the downtown is parking. "There just isn't enough parking; my sales clerks can't even find a place to park after 9:30 a.m.," says Acornly.

Shirley Drake, treasurer of the Bloomsburg Courthouse, says that with over 100 employees and only 30 parking spots available beside the courthouse, "there's definitely a parking problem."

Norman Macl, general manager of the

**"I felt like I
was leaving a
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business just
dried up."**

Hotel Magee, 20 W. Main St., says that the downtown needs to increase the price of the parking meters and aggressively monitor them. "This would deter store owners from parking right out in front of their stores," says Mael.

Mael and both Russell and Maria Lewis of Russell's Restaurant, 117 W. Main St., say that downtown merchants aren't paying enough attention to the university's presence. "The college crowd needs to be made to feel welcome," says Maria Lewis. "If freshmen don't like the way we treat them, they might choose not to eat at our restaurant for the next four years."

Judy Kosman, a junior at Bloomsburg University, says she believes one of the reasons students are attracted to the university is because of the small-town charm of the downtown, but "I don't like the higher prices," says Kosman. "If prices were more competitive with the mall and the reception toward students was better, I believe more students would shop downtown."

Laura Hauze, owner of the Cat's Pajamas, Iola, says that she'd shop downtown more if there were convenient parking and more variety. "But I like the atmosphere; it's quaint and a nice place to spend the day," says Hauze. "I would like to see a major department store downtown."

Many of the downtown merchants, such as Tish Glasgow, owner of Tender Love Pet Shop, 35 E Main St., and Yost, say that because of the national economy, people aren't spending as much as they normally would, but that they are still buying enough of the lower-priced items to keep them going.

Delores Wright, owner of Foxy Lady, 151 Market Square, runs a boutique specializing in women's clothing. She says that when she first opened her doors five years ago, "Downtown Bloomsburg was a quaint little downtown with a variety of specialty stores." She notes a decline in traffic since the relocation of Sears and Penny's and is concerned about the future of her business.

Russell and Maria Lewis believe that the opening of the Columbia Mall had a positive effect to the downtown. "The mall creates competition and brings new business," says Russell. "We have our banquet hall used for meetings and special occasions by the store owners in the mall," says Maria.

The Hotel Magee, a Bloomsburg landmark, stands alone among new businesses—Bittersweet, Stepping Stone, and Travel World.



Photo by Mike Zarrett

Podany is another merchant who believes that the mall has had a positive effect on the downtown. "We make lunch deliveries every day to the mall," says Podany.

Edwards believes that downtown Bloomsburg is fortunate to have a university and the county seat downtown. "This

in opening or deciding to open a business. They can also help when a business is in trouble or needs advice about such things as advertising.

Many of the merchants in downtown Bloomsburg have taken advantage of this service. One of them, Yost, says that the service was helpful in planning how much stock to buy and giving projections for potential income. "The service helped with the organization of my plans," says Yost, "making my ideas workable."

Another merchant, Donna Houghtaling, owner of Child in Bloom, 20 E. Main St., says that the service was helpful in showing her how to approach a bank. Houghtaling is also a member of the DBBA and says, "It's worth the time, money, and energy involved."

Downtown Bloomsburg is a Historic District, which according to Shelley Evans, administrative secretary at Town Hall, is a national distinction. The DBBA plans to enhance the beauty of the downtown and make sure that merchants follow the guidelines set by the National Historical Preservation Society.

Town government is also planning to replace the "right-of-way" cherry blossom trees. Also, a grant has been approved for the improvement of Bloomsburg gateways—the entrances to downtown at Lightstreet, Route 42, and East Street. These gateways will see improvements in 1991.

Downtown Bloomsburg seems to be re-budding and although many question whether the efforts being made will be enough to restore the downtown, the Chamber and the DBBA, expect to see the flowers in no time. **S**

“Downtowns need once again to be places where people can socialize and be entertained.”

certainly increases employment and adds to the economy of the downtown," says Edwards. He believes that although the national economy isn't healthy, downtown Bloomsburg will do better than most downtowns because of the university's presence and the county seat.

Downtown Bloomsburg has available to it a free service called "Pre-Business Counseling," a service of the Small Business Development Center at Wilkes University. There are 14 centers in Pennsylvania. The service provides assistance in financial projections, loan applications, business plans, and marketing ideas for people who want help

'I didn't intend to kill Jane Benfield'

Frank Senk talks about the murder that ended his life as a free man

by Karen Sheehan
and Tara Connolly

Jane Benfield left her home in Centralia at 11 a.m. on Tuesday, July 11, 1961. She carried a paper bag, containing a jar of jam she was to deliver to her mother's friend who lived three blocks away. When Jane didn't return home to watch an All-Star baseball game, something she had been looking forward to, her parents became worried. Later that evening, when they learned the girl never arrived at the friend's house, they alerted police.

At 9 a.m. the following day, when no trace had been found of the missing girl, more than 100 policemen, Boy Scouts, local firemen, and the Civil Air Patrol units were organized to search for her. The men spread out over the area which was covered with strip coal mines and abandoned mountain roads. At 4 p.m. the search ended. Jane Benfield was thirteen years old when she was murdered.

Seven months later, Frank Earl Senk, a married 28-year-old salesman, was called in for questioning.

Mifflinburg Chief of Police, Hall Solomon, had previously arrested Senk after a woman reported the theft of her purse. Senk pleaded guilty and paid a fine and restitution fee. At the time, Solomon indicated to the state police

that Senk might be responsible for the complaints from young girls that a strange man had tried to entice them into his car. Later, one of the girls identified Senk as that man.

Police found that Senk was in the area near the time the crime was committed and that he was known to the state police to have a criminal record. Two days after he was first questioned, Senk confessed to the murder of Jane Benfield. In a signed confession, Senk told detectives "I tried to kiss her and feel her body and she started fighting with me. She broke away from me and I hit her with a rock and when she fell, she fell on the back of her head and started screaming and I hit her again."

On January 24, 1962, five days after he was first questioned, Senk was indicted for murder, then found guilty and sentenced to death. He since has had

the sentence commuted to life, which in Pennsylvania means life without a minimum.

Without a minimum granted by the state, Senk has no chance of parole. Although Senk has filed for appeal on this decision many times, he still remains in prison at the State Correctional Institution in Graterford.

In an exclusive interview with *Spectrum*, he now says, "I never even hit any of my seven sisters; I did hit Jane, but I think she hit her head on the rock when she fell."



Police file photo

Frank Senk soon after his arrest for the murder of Jane Mary Benfield.

religious and Christmas services in the prison.

"I enjoy playing mostly for myself," says Senk. "I can lose myself, my worries, in this manner." He also makes greeting cards for himself and friends to pass the time. He takes flowers and presses them in a homemade press, then mounts them on a piece of cardboard covered with a soft plastic. He says that some of the flowers retain their beauty and their color for years.

In addition to his hobbies, Senk reads a lot, but in spurts. "I once read forty-four novels in seventy days," he says. He also keeps busy writing letters for men in prison who are illiterate.

Child molesters and killers are occasionally harassed or sometimes physically abused in prison by other inmates and, occasionally, by guards. According to Senk, he has not faced problems of that nature.

"I never had any trouble with prisoners or guards because I am well-liked," he says. He often does favors for other inmates, such as helping them prepare and type their legal briefs.

While in prison, Senk has held numerous jobs. "I'm a work-aholic," he says. He has worked as head clerk in the

metal shop and as a typist for \$90 a month. While working as a clerk and a typist he was able to prove he was reliable and efficient, and soon moved on to work in the law department to gather reports concerning the amount of time attorneys were spending with inmates.

Although Senk has continuously

"In a state of confusion, I struck out—one blow."

strived to be a model inmate in prison, he has experienced moments of weakness. In September 1977, Senk found the opportunity to escape from the maximum security prison. "I was watching a movie at an outside speaking conference at the Salvation Army, and in the back of my mind I thought of trying to escape," says Senk.

He excused himself to go to the bath-

room and contemplated whether he should leave. "I opened the door to the room filled with people, got my briefcase, and left the building," he says. He then walked across the street and offered an unknown man \$20 to give him a ride to the hospital. "I made up a story that my family was in a terrible car accident," says Senk.

After arriving at the hospital, Senk continued down the street to a local bar where he met a young woman who offered him a ride to his destination, Columbus, Ohio. Although she gave him money, he didn't want to take her with him, so he slipped through the back door of a drugstore and went to the bus station.

Senk reached Columbus within a day and immediately bought three suits and five ties from a second-hand store. He says he repaid the woman shortly after he got a job. "For three months I had an excellent job selling cars and was also salesman of the month," Senk remembers.

In November, two FBI agents arrived at the car lot, supposedly to purchase an automobile. Senk greeted the two agents and began making small talk. Senk then felt a hand on his shoul-



Activated in 1985, the Bloomsburg University Foundation, Inc. has the responsibility of securing private funds to maintain and enhance the quality and excellence in all areas of the University. The BU Foundation conducts an active program of information, cultivation, and solicitation among individuals, corporations, and foundations. The Bloomsburg University Foundation membership includes outstanding business, professional, and civic leaders from throughout the Commonwealth.

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der and heard the men identify themselves.

"I have felt fear, shame, and disgust throughout my life, but never so much as I did on the day of my recapture," he recalls.

Both Senk's mind and body have been in fairly good shape since he's been in prison, however, last year, he learned he had a benign tumor in his lower intestines. He saw neither a radiologist nor a gastroenterologist, but did attempt to get second opinions on the diagnosis.

"For months, I wrote to medical colleges attempting to ascertain if a benign tumor could be dealt with through radiology," says Senk. "Each time I was told it could not."

In July, after another series of tests, he learned that the tumor was malignant. The tumor had grown to seven centimeters and had to be removed. Its position was low in the bowel which made reconnection of the intestine to the rectum impossible. He has had trouble dealing with this both physically and emotionally.

Senk has gained back only ten of the eighteen pounds he lost after the operation. As a precaution he will be given periodic radiation treatments. Senk is

working hard to gain back his health and is looking forward to weightlifting and playing tennis and handball again. He also spends a great deal of time thinking of family and remembering life before prison.

"I have felt fear, shame and disgust throughout my life, but never so much as I did the day of my recapture."

Senk has two sons, a 36- and 37-year-old from his first marriage. He divorced in 1957 and remarried in 1960 and had two more children, both of whom are married.

His 29-year-old son uses his mother's maiden name and is not in touch with him. His 27-year-old daughter has recently contacted her father.

"She has made me so happy by giv-

ing me a chance to get to know her," he says. Senk's second wife is now remarried to Senk's former brother-in-law.

The Rev. Francis Mani, Senk's minister believes, "After many years Frank Senk has changed; he has served his punishment in jail and through the lingering memory of his actions," he says. "This is more than I can say for most prisoners."

Senk meant what he stated in his confession signed twenty-nine years ago—"I am sorry her parents had to go through this and, that I wasn't caught long before this or that something wasn't done to prevent me from ever doing something like this."

These words still appear on record but the meaning of them in Senk's heart has grown stronger with each day of his life.

"She really was a very sweet young lady and as strange as it might sound I have become a better person for having known her," says Senk. "The shame of it is, that because of me, she is not here to see it."

But, no matter how sorry he is and no matter what he does, it still won't bring back the life of 13-year-old Jane Benfield. **S**

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

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BUILDING A WALL OF

DEFENSE

Hiding her pain from the outside world grew easier for Sara with the passage of time. Sure, her friends wondered why she had kept so much to herself lately, but they never asked any difficult questions. And behind her wall of daily activities, she avoided their concerned glances in an attempt to forget the nightmare she was living. Unfortunately, she could not turn back time and erase the word "rape" from her past.

More than 3,000 forcible rapes were reported in Pennsylvania in 1988 alone, according to the Uniform Crime report compiled by the Pennsylvania State Police Bureau of Research and Development. But, that's only part of the story. According to Marianna Sokol, counseling coordinator at the Bloomsburg Women's Center, for each rape reported, 10 to 20 go unreported. In the July 1988-June 1989 fiscal year, the Center alone provided services for 280 new sexual assault victims in addition to the 288 victims already being counseled for previous attacks. "Some of these new victims were raped years ago and are just now coming to us for help," Sokol says. But, the number is alarming when we consider how many rapes were reported in Bloomsburg in the last year.

According to Bloomsburg Police Chief Larry Smith, one rape and one attempted

rape were reported last year. However, he is aware that the problem is much more serious than the number of reports suggests. "My socks were blown off a few years ago when a counselor at the Women's Center informed me that she had seen at least 50 rape victims in the same period of time that I had seen only one reported rape," says Smith. Sokol says that most of

her freshman year at Bloomsburg. However, the lesson that stays with her today is the one that hurts the most; she learned not to trust even a friendly senior like Tom.

Sara met Tom early in the semester; he became a friendly face on what seemed to be a lonely campus. "I thought of him as a friend and was glad to have met him. We

talked on the phone and visited each other. I went twice to the apartment he was sharing with two friends to eat pizza and watch TV. He never gave me the impression that

he was an aggressive person; he was just a good friend."

Sara, like many rape victims, had never expected an attack by a friend. However, stranger rapes account for only ten percent of all sexual assault cases, according to the 1988 Uniform Crime Report. Smith agrees. "We don't have a problem with strangers pulling women into the brush here (Bloomsburg). Violent rapes occur more often in the cities," he says. "But, women have to worry just as much about rape here. In fact, women here have to be more on guard because here we see date rapes."

Date or acquaintance rapes attack trust, and therefore can be the hardest to deal with, according to Sokol. "Victims of acquaintance rape must deal with ques-

Although it's their easiest defense, forgetting doesn't ease the minds of rape victims

by Judy Kosman

the victims counseled at the Women's Center have not reported the crime. Like Sara, these women choose to suffer in silence rather than face the courts, believing that they can deal with the nightmare and in time forget. Unfortunately, each unreported incident represents a rapist never caught and a community never warned of the danger.

"No one ever warned me about rape," says Sara, a junior at Bloomsburg University and a rape victim who tried to forget the rape instead of reporting it two years ago. "People were supposed to be raped by a stranger in a dark alley. No one ever told me it could be a friend."

Sara learned a lot about life during

tions like "Why did I let him in?" she says. "Also, the victim knows that in the end the case will come down to her word against his." In such cases, rape victims would have to face unbelieving peers, parents, and law officials.

In cases like Sara's, the rapist wants to continue the relationship; he still thinks of the woman as a friend. "A week later, he called my room and asked me if I wanted to come over to his place," Sara remembers. "He didn't realize that he had done something wrong. He wouldn't leave me alone; he wouldn't let me forget."

Like Sara, many women don't report the crime in an attempt to forget. "I was in shock for a long time," she remembers. "I just seemed too calm about the matter, as if it hadn't happened."

Sara didn't tell anyone about the rape at first; after all, she seemed to be handling the matter well and reporting it seemed out of the question for several

reasons. "I think he knew what he was doing because I really had no evidence to use against him. Though we struggled, he did not beat me or leave any marks on my body," she says.

"I think another reason why I didn't report it was because I was a college freshman. I really didn't know much about my legal rights," she says. "And when I finally told my mother what had happened, we decided that a trial would most likely only drag my name through the mud."

Some women choose to suffer in silence because they fear reporting, according to Mollie Walen, counselor at Bloomsburg University and former director of a Rape Crisis and Domestic Violence Center in Stroudsburg. "Often there are threats associated with rape," she points out. "The rapist might warn her not to tell anyone or he would come back. They may fear further attack or assault."

"He wouldn't leave me alone; he wouldn't let me forget."

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Walen also points to fear of psychological assault in silent victims. "In some ways the trial and investigation are another form of assault," she says. Rape trials put the burden of proof on the victim. She is expected to defend her own reputation, while the rapist has only to answer her charges.

Sokol believes that in this way society has silenced rape victims. "Juries and the press have been extremely victim-blaming in the past," she says.

John Scrimgeour, director of the Counseling and Human Development Center at Bloomsburg University, agrees. He believes that there are many rape victims who never report because of the impressions they have of the way they will be treated. "These women think, 'I won't report because I don't want to go through the experience again.' They will have to go through the trauma of a police investigation and a trial, and no one can guaran-

tee that it will benefit them," he says.

"But, that trend has been changing in the last decade as more women speak out and more awareness programs emerge," says Sokol. Scrimgeour is also encouraged by what he believes is an increasing awareness about rape.

"More is being done on college campuses to make women aware of the problem," he says. "At Bloomsburg, we talk to students frankly to prevent incidents of rape."

The movement to end victim silence has led Bloomsburg police to make an effort to alleviate victims' fears of reporting. "Most

people think of police officers as cold and hard-hearted," he says. "But, I send my guys to classes in which they learn to sympathize with the victim and do their job at the same time."

Smith also says that the police work closely with the Women's Center when a rape is reported. A counselor from the Women's Center stays with the victim through the trauma of the investigation and the trial. But, like Sara, many women are still intimidated by a system which has degraded so many victims in the past.

According to Sokol, there are countless other reasons that account for the number of rapes that are never reported. A woman may not identify what she went through as a rape. Instead, the victim may think she just had a bad sexual experience. Sokol believes this attitude leads to feelings of guilt.

The victim may feel responsible "because of something she did or did not do," Sokol says. Sara blamed herself for a long time. "I used to wonder what might have been different if I had not gone to his house on that particular night," she says. "I used to have vivid flashbacks recalling every detail of the rape. I began to question every word I said. I asked myself if I could have verbally reached him or physically fought harder. After counseling though, I was able to get a grip on the situation and stop blaming myself."

Sheryl Ceralso, shelter manager of the Women's Center, believes that women living in small towns have a

**"Every incident
reported educates
society about
rape and acts as
a deterrent for
future crimes."**

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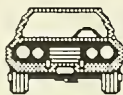
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more difficult time reporting the crime than do city victims. "Your region has a lot to do with whether you will report or not," she says. "Remaining anonymous is hard to do in a small town like Bloomsburg, where everyone knows everything about you."

According to Sokol, age may also be a factor in unreported rape. "College students dealing with academic and social pressures may not want to deal with another problem," she says. Instead, they hope to put it behind them quickly and quietly. They may fear blame from peers and parents.

Recent surveys have found that women often do not report rape when the attacker is an acquaintance or a boyfriend, when minimum violence is involved in the crime, or when the man is known for his social status.

Yet, experience does not ease the minds of rape victims. A form of release is needed, according to Sokol. This release from guilt can be achieved by reporting the crime and seeing the crime validated by police. "Reporting can sometimes lessen a victim's self-blame in that she is turning the tables on the attacker," Sokol says.

Even talking with a friend can release a victim's repressed anger and fear says Scrimgeour. "Her recovery and her return to normalcy rests on her talking with someone, whether it be a counselor or a clergy member." However, he stresses the importance of reporting rape. "It is in the best interest of all women for the victim to report," says Scrimgeour, "because, every incident that is reported educates society about rape and acts as a deterrent for future crimes."

Counseling and group work are the best ways for victims to fight the trend toward silence, according to Sokol. "It is one thing for a friend to sit down with the victim and tell her that it is not her fault. But, it is another thing entirely when a group of people who have already dealt with the experience tell the victim that she is not to blame."

"It does not work to block out the experience," says Walen. A series of symptoms, known as rape trauma syndrome, can occur if the victim does not deal with the problem, she says. These symptoms can include sleeplessness, nightmares, and vulnerability. Walen suggests that talking about the experience, especially with a counselor, can help relieve these symptoms.

Sara began having vivid nightmares, an expression of her repressed anger and fear, a year after the rape. "One night, right before finals, I had a dream that was so real I actually felt someone's bare hands on my neck, choking me," she recalls. "I woke up in a cold sweat. It was as if I had just watched a scary movie."

Sara also began to notice her problems relating to other men.

She found herself dating "demanding" men who pushed her too much in a relationship. This is a common trait among rape victims, Sokol says.

"Women who have been raped and have not dealt with the emotional impact of that rape tend to enter into an abusive relationship." This is because of the victim's lowered self-esteem, she says. Walen agrees that there is "a cautiousness around men after victimization. The experience makes it more difficult to trust," says Walen.

Through counseling, Sara has worked through some of her fear and anger. "At first, I wanted to kill him or leave some kind of mark on him that would remind him of what he did to me," she says, with a tinge of bitterness still remaining.

Now, Sara just wishes that she could have hurt him legally. "But, I knew I couldn't win," she says. "Even if I had won the case, I would not have won because my name would have been dragged through the mud and my morals questioned."

Sara is now learning to deal with her nightmares. But for others, the nightmare is just about to begin. Statistically, eight women will be raped in Pennsylvania today. Unfortunately, most of them will never report the crime and the nightmare will continue. **S**

"I began to question every word I said. I asked myself if I could have verbally reached him or physically fought harder."

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by Judy Kosman

ter, Spike sports his sweaters and his Penn State T-shirt. "Spike is spoiled, he really is," Newhart says. "But, he knows how to look at you with those eyes that say 'let me have it, please.' I guess you could say he runs the house."

In his five years, Spike has learned how

to get what he wants, according to Newhart. "He knows that if we are at the drive-thru bank, he will get dog treats at the window. He usually starts to climb over me to get on the right side of the car as soon as we pull up." But, if the family goes to the supermarket instead of the bank that day, he knows to check in the grocery bags for candy bars.

At dinner time, Spike knows just how to ask for table scraps. "Whenever we are eating, he rests his head on my knee," says Newhart. "English Bulls have very heavy heads. So, when he wants a snack, he will simply start pressing his head down until he gets some."

"He won't eat ice cream without a spoon. He loves to go to carnivals because children often spoon feed him."

The Newharts contribute time and money to making Spike the happiest dog in the world. English Bulls require a lot of grooming: they need to have their eyes cleaned daily, their nails cut, and their skin, especially in the creases, moisturized, as well as the normal routine of bathing and brushing. "I believe that if a dog is living in your house with you, he should be taken care of like you," Newhart asserts. She brushes Spike's teeth daily and even buys cologne for him. She also spent hours training Spike, as she has always done with her family's dogs.

"Spike, like any dog, needs lots of care," Newhart admits. But, she feels that the extra time and money are well worth the results. "I spoil my dog, partly because my kids are grown. But I feel if you have an animal, you should show them love," she says. "Because they are a part of your family. And they don't talk back to you."

The Newharts are not alone in their love for their pet. And the business community is quick to respond to their need with a lot of "get-rich-quick" schemes that have milked Americans' love of animals. However, the pet craze has also facilitated the careers of people who just love dogs. Lauricann Hoffa, proprietor of Dog Gone

Some people always complain about their money going to the dogs. But, a few individuals are glad to make that sacrifice. In fact, many dog owners allot a substantial portion of their incomes to feeding, housing, training, and grooming their canine companions.

Some lucky dogs even get to go to California on vacation. Sgt. Maj. Spike Newhart, an English Bulldog who resides with Rosie and Ron Newhart, Espy, caught some rays when he visited with Newhart's son at a Marine base in California. Since the English Bull is the Marine Corps mascot, Spike was a big hit at the base. "My son called to make sure that I had packed Spike's sunglasses and suntan lotion for the trip," says Newhart.

Trips to California and sunglasses, which Spike often wears when riding in the family convertible, are only a few of the advantages of living with the Newharts. They have also bought him the characteristic spiked collar and a Marine Corps camouflage desert hat to keep the sun out of his eyes. Newhart purchased the hat at a special shop in Sherwood Village which specializes in canine headgear. In the win-



Sgt. Maj. Spike Newhart snaps his household into shape.

Photo by Jenna Moon



Photo by Mike Zarrett

Laurieann Hoffa, owner of Dog Gone Sharp, deals with some hairy problems in her line of work.

Sharp, Bloomsburg, has dedicated her life to caring for animals. A graduate of the New York School for Dog Grooming and a member of the National Dog Grooming Association, Hoffa has been grooming dogs for ten years. The last three years she has spent in her own shop in Bloomsburg—"bathing, brushing, clipping, cutting, and what not."

According to Hoffa, her interest in dogs began very early in life. Her family has owned dogs as far back as she can remember, and she continues the tradition by raising her own three dogs (a golden retriever and two cocker spaniels), in addition to grooming dogs six days a week. "With my love for dogs, it just seemed like the natural thing to do," she says.

Hoffa believes all dogs need to be groomed regularly, even short-haired breeds. Nails must be trimmed once a month, and ears should be checked and cleaned every one or two weeks, she says.

She recommends that small dogs be fully groomed every eight weeks, large dogs every three months.

A grooming session at Dog Gone Sharp lasts about two hours, depending on the breed and condition of the dog. This includes Hoffa giving the dog one of her creative hairdos. "I make the dog look as cute as I can using what features the dog has," she says. Hoffa charges about \$20 for grooming a small dog and \$25-\$40 for a large dog.

Grooming is not just making a dog look good, according to Hoffa. She says a well-groomed dog is a healthy dog. Often, her role as groomer includes letting the owner know when the dog has any skin or ear problems.

"An owner may not notice a skin problem on a long-haired dog," says Hoffa.

"If I find a problem, I will recommend treatment by a vet." Because of that, Hoffa must keep up to date on health issues in veterinarian books and grooming literature.

Grooming can also prevent dry or flaky skin or loss of hair that accompanies certain skin problems.

If one of these problems occurs, a groomer might catch it before an owner would and save the dog a lot of pain.

Grooming also aids in the prevention and treatment of fleas. Fleas are

less likely to be a problem for a well-groomed dog. However, groomers can administer flea dips when the problem occurs. "People don't realize how serious a flea condition can be," says Hoffa. "One flea bite can drive a dog crazy if he has a flea allergy. He may chew and bite his skin raw," she says, carefully pointing out, "If your dog has fleas, your house has fleas."

You must have more than the latest information regarding dog care to be a successful dog groomer. "You have to have lots of patience and nerves of steel," Hoffa says. "You also must have compassion. If you don't like a dog, he will know it."

Larry and Dotty Grocott of Grocott's Hayastan Kennels, Millville, take their business as seriously as Hoffa. The two are involved in all areas of canine comfort—boarding, grooming, and obedience training. They also deal in feed and pet supplies. The Grocotts opened their licensed boarding kennel about five years ago, but have twenty years of experience in the dog business. Both are graduates of a program with Bob Martin, an expert in the field of dog training. Martin has written several books on dog training.

The Grocotts can train dogs for shows or for guard positions. But, according to Larry Grocott, every dog can benefit from a training course. Training helps to socialize the dog so that it doesn't growl or harass people or other dogs.

"They are a part of our families and a part of us."

The Grocotts can also train the dog to stand for examination while the owner stands six feet away. This can be a great benefit when an owner takes his dog to the vet. At

a more advanced level, the Grocotts teach the dogs to come and sit in front of the owner when he calls, and to sit and/or lie down and wait for his owner for short periods of time.

But, training requires more than teaching the dogs a few tricks. The Grocotts stress that owners should be present at classes with their pets. "Come to class, I'll try to train you to handle your dog and I will train the dog," Grocott says. He adds that the best-trained dog will not respond to an owner who doesn't know how to issue the commands and discipline the dog. This requires a good understanding of people.

Obedience training for dogs runs from a \$75 ten-week puppy course on up. Grocott says, "Anyone can train a dog, but you're not going to get the same quality and you



are not going to get the same results." In fact, Grocott is confident that a properly trained dog enrolled in a course like his is a safe dog. Even guard dogs will be safe to be with, and will not attack children, except on command, he points out. Once in a shopping mall he had just put a German Shepherd on alert when a youngster from the audience ran up and threw his arms around the dog. "Granted, I had a mild coronary," he admits; but, he says that he knew that the dog would not attack the child because the dog had been properly trained.

Dog training takes a lot of things, according to Larry Grocott. "You have to be a fairly stable individual; you have to have patience and you have to enjoy animals," he says.

Betty Ryan serves the pet owner in a more somber way. She is the owner of the Slumberland Pet Cemetery, Bloomsburg. For about \$200, depending on the size of the animal, she will bury pets. She says that people sometimes hold services for their pets and "they visit the graves a lot and change flowers according to the season. We bury our pets because we love them," Ryan says. "They are a part of our families and a part of us."

Other businesses are finding quick ways to harness huge profits in the dog business. Amid the necessary dog foods, brushes,



Photo by Jenna Moon

Maureen Link, Lansdale, gives Doogie his very own squeaky edition of the *Dawg Daily*.

and leashes, a dog owner can find a multitude of faddish products for the dog who seems to have everything.

At Pet Express in the Columbia Mall, a loving owner with a bulging pocketbook might purchase a \$22, 20-inch bone, "guaranteed" to clean his pooch's teeth. Also available are a plethora of pacifying balls and rings as high as \$13, a \$30 argyle dog sweater, or an \$18 doggie raincoat.

Dog owners who truly want their canine to make a status statement can find a variety of unique dog products in several magazines, including *DogWorld* and *Dog Fancy*.

For the dog who enjoys comfortable travel, these magazines advertise four-compartment dog trailers for \$3,795 and cassette tapes with music for dogs for \$7.

The independent dog might require an instant pet door (starting at \$70); a dog house, some with optional solar-powered fans (starting at \$100); or a pet ramp (ranging between \$50 and \$65).

Owners might also purchase dog training systems (\$25-\$175), pet burial markers (starting at \$40), and fashion dog visors to protect pets from ultraviolet rays (\$10). And more products are being introduced to eager consumers each day.

Then again, if we can purchase finger-nail dryers, designer-ripped jeans, and Rubik's Cubes, why not spend a little bit on spoiling the dog? **S**



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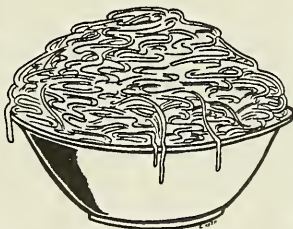
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Huskies And Tigers And Bulldogs, Oh My! Area mascots have unique and varied histories

Mascots for high schools and colleges have formed part of our nation's history been animals, primarily to depict their athletes as possessing the characteristics of the animal chosen.

The Eagle is the most popular in the over 2000 schools researched, being chosen 72 times, while the Tiger is a close second with 68 schools.

Local high schools make use of popular nicknames as well.

While the actual nickname of Warrior Run High School is the Defenders, they do use an Eagle as their mascot. This gives the Susquehanna Valley one representative with the most popular mascot among colleges.

Benton and Southern Columbia High School share the same mascot, the Tiger. Southern revealed that an election by the students in 1962 yielded its nickname after the merger of schools in Catawissa, Numidia, and Elysburg.

The same occurred in the choosing of the Columbia-Montour Vo-Tech mascot, the Ram. The students chose the Ram in 1970 over other options that included the Buffalo and the Pioneer.

The Bulldog ranks fourth among colleges surveyed and is the mascot of Berwick High School. Berwick has the most interesting story of the lot. According to Art Wark, Class of '29, the Bulldog story dates back to his junior year at Berwick.

"It was a cheerleader, Margaret Fleming, who would bring her Bulldog, Jiggs, to the football games in the fall of 1927," he says. "The next thing you knew, there were cheers surrounding the dog and the Class of '29 sort of adopted him as our own."

Before that, he also says, cheers were mainly "Blue and White, fight, fight, fight, that sort of thing." Fleming's dog changed all that, he says, and ever since then there have been a lot of people who would bring their dog to the football and basketball games, and it still occurs today.

Even though there has never been an official school mascot, Wark says, there is a wooden carving of a Bulldog in the hallway of the school that weighs about 500 pounds. It was donated by the class of 1989 in memory of Jiggs and is still another piece of the school mascot's history.

On the other hand, some school's mascots have no history at all. Officials at Bloomsburg High School (Panthers) and Milton High School (Black Panthers) both said they had no idea why or when their mascots were chosen. The only thing they were sure of was that their mascots had been there for the last thirty years and "probably for thirty more before that."

Bloomsburg University's mascot, the Husky, while not in the top ten, is shared with the University of Washington, Northeastern University, Michigan Tech, University of Connecticut, Northern Illinois University, and Houston Baptist University.

While some schools have elaborate tales to relate in the choosing of their mascot, Bloomsburg University's story is quite simple. In the Fall of 1933, the Student Council announced that it wanted a mascot and it would be chosen by the student body in an election. (Here, it is interesting to note that some sources state that the decision for

a mascot came from Dr. Francis Haas and the Student Council merely echoed his opinion. In addition, the selection of the Husky, others say, was because the school could get one for free if it so desired.)

In a nearly unanimous vote, the Eskimo Husky dog was chosen by the student assembly on October 10, 1933. The first dog to represent Bloomsburg was provided to the school by Dr. George Keller, an art professor.

Keller was an odd sort who trained wild animals in Bloomsburg and provided a full-blooded Eskimo Husky to the school. The artist admired the breed for its stick-to-it traits. "[The Husky is] the most stubborn fighter of the canine family and since native to the far north, the Husky was a name well-selected for Bloomsburg athletes," he said.

Elna Harrison Nelson, Director of Health Education and John C. Koch, Dean of Men and Director of Education, were given credit for the dog's name, "Roongo" (a combination of the school's colors, maroon and gold). When Roongo passed on, his replacement was Roongo II, a Labrador Husky, whose high point in life was when he was borrowed by the University of Washington for an appearance as their mascot.

Quite a thrill, especially since not many dogs have the chance to be in a Rose Bowl parade.

Roongo III, purchased by the Alumni Association in 1950, was a Siberian Husky. This representative of BU's athletic teams

carried on the fine tradition by accompanying Admiral Byrd on his exhibition to the South Pole.

Aside from their extra-curricular accomplishments, the dogs did present quite a majestic appearance on the sidelines all dressed up in their fancy blankets (sort of odd for a dog that was famed for being able to endure the worst of weather conditions).

Bloomsburg's mascots were also known to play tricks on unsuspecting people. Roongo I, at his christening was supposed to devour a steak at the end of the ceremony, but chose to skip that meal, much to the embarrassment of school officials.

In another incident, another Roongo dragged a poor student across the muddy football field during half time of a homecoming game. The student was to march Roongo in front of the band, but the student got excited and started to run. The dog took over, and the rest was history, literally. Those in attendance that day don't remember much about the game, but the dog and his run are still very vivid.

Finally, one of the more interesting mascots in the area is the Blue Jay of Central Columbia. The mascot was originally that of Scott High School and was kept after the merger with Mifflin High School to form Central.

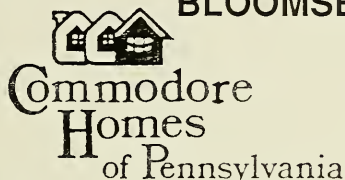
So, while it may not be very intimidating to call yourself a Blue Jay, there is one comforting thought. How often do you hear about a bird dragging someone across a muddy football field at half time?

—MIKE MULLEN





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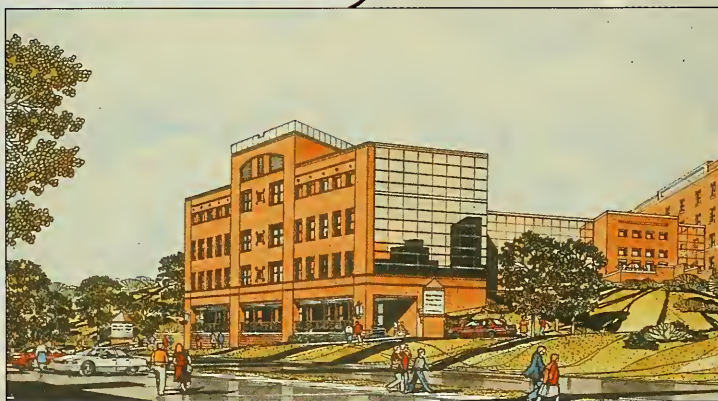
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